Canadian Living WAYSTO // LES/L ANNIVERSARY

Superfoods FOR SUPPER TONIGHT P. 103

"WE" TIME
RECONNECTING
WITH FRIENDS
AND FAMILY

FASHION 7 EASY PIECES, 1 WHOLE WEEK OF OUTFITS P. 28

GARDENING FOR EVERYONE

- SMALL-SPACE SOLUTIONS
- EASY-GROW PLANTS
- FAUX AND FABULOUS

CLUBHOUSE CRÊPE STACK P. 100

THE MOST ALLERGIC PLACES IN CANADA

CHRIS HADFIELD

IS OUR GUEST

D 5/



MILLIONS OF NEW SKIN CELLS REVEALED EVERY DAY**

REVITALIZED, NOURISHED, AS IF RENEWED

L'OREAL!

AGE PERFECT

CELL

BECAUSE YOU'RE WORTH IT.

AGE PERFECT™ CELL RENEWAL™

WITH EXFOLIATING LHA

INNOVATION NEW FACIAL OIL

■ WHY OIL?

FORTIFIES SKIN'S MOISTURE BARRIER WHILE PROMOTING SMOOTHER, NOURISHED SKIN WITH A NON-GREASY FINISH.

■ IMPRESSIVE RESULTS

ENRICHED WITH 8 ESSENTIAL OILS, OUR FORMULA ILLUMINATES** AND NOURISHES WITH A SATIN-SOFT FINISH.

■ DAILY INDULGENCE

USE ALONE, UNDER OR MIXED WITH OUR CELL RENEWAL™ CREAM.

CANADIAN WOMEN ARE TALKING ABOUT CELL RENEWAL™ CREAM

This cream makes my skin feel younger, fresher, totally hydrated. NANCY, AGE 50

It's like giving my skin a second chance.

ANGELA, AGE 52



JOIN THE REVOLUTION AT LOREALPARIS.CA

©2015 L'Oréal Canada *Source: Euromonitor International Limited, retail value RSP terms in 2013. **After 2 weeks of use.



Do You Believe Age is Just a Number? We Do.

Having Beautiful Looking Hair at Any Age Has Never Been Easier



Women today are showing the world that age is just a number, by embracing it in beautiful ways. So why is it, despite having gained so much with age, women feel they are losing out when it comes to their hair?

Research has shown that with age, women's hair – just like their skin - can change. Hair needs to be nourished, moisturized and protected to keep it looking youthful. However, as signs of aging hair gradually appear, many women try to over-compensate by further damaging their hair with harsh chemical treatments and styling tools.



Dr. Katya Ivanova Globa Haircare Scientist for Unliver "Aging hair is a phenomenon that for years has been overlooked by hair care experts. In their early 30s, most women start to notice subtle changes in their hair, but as they reach their 40s they often find that it looks and feels thinner, drier, frizzier and weaker".

More than 5 % of women* feel helpless in preventing hair's aging process.

Dr. Ivanova explains further ,'As we age, our hair follicles progressively shrink and begin to produce thinner hair strands until they eventually stop producing hair altogether - as a result hair appears sparse and thin. As the follicles get smaller, they also become less symmetrical.

producing hairs with uneven surfaces that feel less smooth and look frizzy. Contrary to popular belief, this isn't just an effect of too much styling, but a result of decrease in the hair's lipids, which act as the a natural conditioner while ensuring protection and lustre."

3 EASY STEPS FOR YOUTHFUL, RADIANT LOOKING HAIR

The natural process of aging hair is not something to be feared or fought against. When aging hair is treated with specialized nourishment and care, it can be transformed to look youthful and radiant. Dove Youthful Vitality collection contains state of the art technology designed specifically to counteract the signs of aging, and is comprised of a 3-step process that can be easily incorporated into any daily hair care routine.

Step 1. Hair is cleansed with a gentle shampoo to remove impurities, invigorate hair and bring back its fullness.

Step 2. The conditioner restores the strength that hair needs while ensuring a natural looking shine and a supple, soft texture.

Step 3. Dove Hair's first ever Silk Crème, infused with a UV complex and antioxidants, replenishes hair's nutrients and delivers manageability for ease of styling.





Designed to fit with Mother Nature, yet withstand the test of Father Time.

Presenting the latest way for your ideas to take shape from Trex®. For longevity, style, eco-friendly design and lifelong value, it's setting the stage for Next.

Make the TrexDecision™ by calling 1-800-BUY-TREX or by visiting trex.com.



Canadian Living CONTENTS

THE REINVENTION ISSUE: HOW TO GET MORE OUT OF EVERYTHING | MAY 2015



Style

19 PERFECT SCENTS

Discover your new signature fragrance

22 GIRL CRUSH

Leslie Shewring's effortless eclectic style

24 SHADOW & LIGHT

Use contouring makeup to sculpt your face slimmer

26 STYLE NEWS

Meet the cofounders of Nudestix, a crayonbased cosmetics brand

28 FASHION MATH

Mix and match these wardrobe buys

35 OH, BEHAVE!

Learn how to work your mane

Health

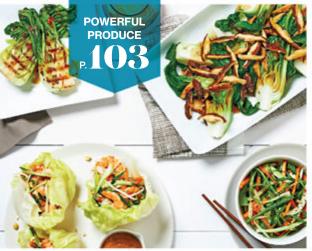
PHOTOGRAPHY: JANIS NICOLAY (GREENERY); JEFF COULSON (FOOD); NORMAN WONG (MODEL)

43 8 STRENGTH-BOOSTING MOVES

Maximize muscle mass no gym required!

48 HEALTHNEWS

The mind-body connection, strength-training in outer space and more



50 TALK YOURSELF INTO A GOOD NIGHT'S SLEEP

Tips to help you snooze more soundly

54 THE MOST ALLERGIC PLACES IN CANADA

Alleviate seasonal allergy symptoms

Living

61 RELATIONSHIP REBOOT

How to cultivate 50 closer friendships

64 BROTHERS & SISTERS

Easy ways to strengthen your sibling bond

68 THE 5TH ANNUAL CANADIAN LIVING

SEX SURVEYFind out what makes
Canadians a frisky bunch

70 "MY HEART IS AT HOME"

Catching up with crooner Diana Krall

72 CAMERA-READY

Photography tips from our guest editor

Home

75 GARDEN ARTISTRY

Landscaping solutions

85 GROW ANYWHERE

Planters that fit even the smallest of spaces

89 A TALE OF TWO TERRACES

Low-maintenance deck decor to brighten your outdoor space

96 HOME NEWS

Home-reno tips from TV host Cameron Mathison

Food

99 THE ULTIMATE CRÊPES

Our best recipe for light, delicate crêpes, plus ways to stuff 'em!

103 4 SUPERFOODS, 4 YUMMY WAYS

Sixteen quick, easy and healthful recipes you'll love

118 BUNDLES OF JOY

It's growing season!
Cooking with homegrown farm-fresh asparagus

122 SUGAR & SPICE

Ooey-gooey sticky buns that are oh-so satisfying

130 TASTE OF THE TROPICS

The perfect parfait to please your palate



In Every Issue

10 CHECKING IN

16 BEST ADVICE EVER!

128 RECIPE INDEX

On the Cover



Photography, Jim Norton Food styling, Claire Stubbs Prop styling, Laura Branson

Canadian Living Cooks With Becel

Sweeten your day with three warm-from-the-oven treats, p. 124

WHAT HOBBY WOULD YOU LIKE TO PURSUE FULL TIME?

VICE-PRESIDENT AND GROUP PUBLISHER. **CONSUMER SOLUTIONS** *Jacqueline Loch*

EXECUTIVE ASSISTANT Linda Gill **BUSINESS MANAGER** Nancy Baker

ASSOCIATE BUSINESS MANAGER Vincent Cheung

"Cooking or running."

ADVERTISING SALES, TORONTO

GENERAL SALES MANAGER, CONSUMER ADVERTISING, PRINT Kelly Whitelock GENERAL SALES MANAGER DIGITAL Peter Roland

NATIONAL SALES DIRECTORS Andrea McBride, Anna Vecera Marto

ADVERTISING COORDINATION MANAGER Janice Clarke

NATIONAL ACCOUNT MANAGERS Jillian Dann-Macerollo (Team Lead), Cathy Ellis, Gary Forshaw, Kathleen Irish, Cathrine Kinnear, Colleen Fava,

Lennie Morton, Erin Suckling, Vanessa Watson, Lindsay Weir DIGITAL NATIONAL ACCOUNT MANAGERS Meaghan Brophy,

Charlene Colwill, Lucy Emanuele (Team Lead), Crystal Falls, Angela Maxwell, Alicia Perrotta, Andrea Raimondo (Team Lead), Allison Ross

SALES ASSOCIATE Patricia Mixemong

"I would love to be a buyer or shopperso fun!'

ADVERTISING SALES, MONTREAL

VICE-PRESIDENT, SALES Patricia Heckmann

GENERAL SALES MANAGER, MAGAZINES & DIGITAL Karl Berthomé

GENERAL MANAGER, CREATIVE SERVICES AND MULTIPLATFORM

MEDIA DEVELOPMENT Jocelyne Morissette

CHIEF, OPERATIONS Josée Rivest

 $\textbf{CHIEF, ADVERTISING BRAND} \ \textit{Marie-Isabelle P\'epin}$

NATIONAL SALES DIRECTORS Patricia Côté, Âmy Harbinson, Julie Kerr

CHIEF, DIRECT SALES Anne Scheffer

MULTIPLATFORM ACCOUNT SALES DIRECTORS, MAGAZINE Stéphanie Cusson,

Mélissa Garnier, Kathy Marquis, Stéphanie Mercier, Audrey Pratte

SALES COORDINATOR Mouna Amal Labbize

MARKETING & CREATIVE SOLUTIONS

GENERAL SALES MANAGER Caroline K. Breton CREATIVE BRAND DIRECTOR Laura Denton MANAGING EDITOR Renée Sylvestre-Williams MANAGER, STRATEGY & IDEATION Stevie Gorrie

"Home decor!" STRATEGISTS Sarah Drake, Jessica Lee, Marcela Perez

ART DIRECTORS Susan Jackson, Peter Robertson, Suzanne Lacorte CAMPAIGN MANAGERS Melissa Carmichael, Ivan McBurney, Rob Stephenson,

Inga Terzopoulos

SENIOR RESEARCH ANALYST Eva Chau

"Astronomy!"

"Cake decorating and making sweet treats for special occasions.

MARKETING, COMMUNICATIONS & EVENTS

SENIOR DIRECTOR Tracy Finkelstein MANAGER Silvana Sciortino

SENIOR SPECIALIST Erin Quinn

SPECIALISTS Summer Varty, Alyson Young, Carlie McGhee

SENIOR DESIGNER Colin Elliott

INTERN Nikeshia Ducent

 $\textbf{VICE-PRESIDENT}, \textbf{CONSUMER MARKETING}, \textbf{ENGLISH MAGAZINES} \ \ \textit{Christopher Purcell}$

DIGITAL MARKETING MANAGER Jason Patterson

PRODUCT MARKETING MANAGERS Yen Duong, Amanda Stone

DIRECTOR, NEWSSTAND SALES Pat Strangis

GROUP CIRCULATION DIRECTOR Doris Chan

PRODUCTION TEAM LEAD Carol Zephyrine

PRODUCTION COORDINATOR Judy Strader

FULFILLMENT SPECIALIST, CONSUMER MARKETING

Angela Gresseau-Okalow

DIRECTOR, INFORMATION TECHNOLOGY Rob Batten

IT PROJECT MANAGER Colleen Simm "Acting on stage."

TECHNICAL SUPPORT Trevor Gillingham,

Jean-Marc Kwongchip, Saleem Ladha, Quentin Summers, JP Timmerman

TRANSCONTINENTAL MEDIA G.P.

CHAIR OF THE BOARD Isabelle Marcoux PRESIDENT & CEO François Olivier

 $\textbf{PRESIDENT, TC MEDIA} \ \textit{Ted Markle}$

CHIEF INFORMATION OFFICER Benoit Guilbault

SENIOR VICE-PRESIDENT, CONSUMER SOLUTIONS Ted Markle (interim)

SENIOR VICE-PRESIDENT, BUSINESS INFORMATION SOLUTIONS & EDUCATION Pierre Marcoux

SENIOR VICE-PRESIDENT, INTERACTIVE MARKETING SOLUTIONS Patrick Lauzon DIRECTOR FINANCE Julie Tardiff

VICE-PRESIDENT, HUMAN RESOURCES Anne Grenier

MULTIPLATFORM EDITORIAL DIRECTOR

Sandra E. Martin

EXECUTIVE EDITOR Doug O'Neill

FOOD DIRECTOR Annabelle Waugh FASHION & BEAUTY DIRECTOR Julia McEwen

HOME & GARDEN DIRECTOR Brett Walther

MANAGING EDITOR Day Helesic

'Playing the piano. I actually had a brief stint as a church organist!"

THE TEST KITCHEN

SENIOR FOOD SPECIALISTS Irene Fong, Rheanna Kish

FOOD SPECIALISTS Amanda Barnier, Jennifer Bartoli, Leah Kuhne

ARTICLES EDITOR, FOOD Gilean Watts **INTERN** Jennifer Vettese

"Cooking! I dream of opening my own café back home in the Maritimes.

"Golf. Of course I

would have to move

somewhere I could

play every day."

ART

ACTING ART DIRECTOR June F. Anderson

SENIOR ASSOCIATE ART DIRECTOR Henrietta Poon (on leave)

ASSOCIATE ART DIRECTOR Shelley Frayer

ASSISTANT ART DIRECTOR Aimee Nishitoba

CONTRIBUTING ART DIRECTORS Lisa de Nikolits, John Edney, Leanne Gilbert INTERN Allison McDonald

FEATURES

SENIOR FEATURES EDITOR Robin Stevenson **HEALTH EDITOR** Kate Daley (on leave)

CONTRIBUTING HEALTH EDITOR Tralee Pearce

SPECIAL PROJECTS EDITOR Jill Buchner

LIFESTYLE EDITOR Aurelie Bryce

ASSOCIATE EDITOR, FASHION & BEAUTY Andrea Karr

CONTRIBUTING EDITOR Karl Lohnes

HEALTH ADVISORY BOARD Dr. Laura Goode; Mireille Landry,

registered physiotherapist

COPY & OPERATIONS

EDITORIAL OPERATIONS & ASSISTANT

BUSINESS MANAGER Olga Goncalves Costa

"Astrology." COPY EDITOR Stephanie Zolis

CONTRIBUTING COPY EDITOR Debbie Madsen Villamere

ASSISTANT EDITOR Teresa Sousa INTERNS Alissa Heidman, Meghan Murphy

"My mom is a seamstress, and I've always dreamed of sewing full time."

CANADIANLIVING.COM

SENIOR WEB EDITOR Jennifer Gruden

WEB EDITORS, FOOD Daniela Payne (on leave), Jenny Potter

WEB EDITOR, LIFE & RELATIONSHIPS Simone Castello

WEB EDITOR, HEALTH Kate Daley (on leave)

WEB EDITOR, STYLE Andrea Karr

SOCIAL MEDIA CONSULTANT Jenny Charlesworth WEB PRODUCER Linda Cotrina

INTERN Tanva Debi

Lying on a beach. That's a hobby, right?"

CANADIAN LIVING DIGITAL

DIGITAL PRODUCT DIRECTOR Andrea Kolber

DIGITAL PRODUCT MANAGER Krystal Wong

WEB COORDINATOR Grace Maala Telphia (on leave)

WEB EDITORIAL COORDINATOR Anita Duraikannan TABLET PUBLISHING MANAGER Jessica Ross

DIRECTOR, CEEM, MULTIPLATFORM EDITIONS Jules Obry

CREATIVE DIRECTOR, DIGITAL EDITIONS Chris Bond PRODUCTION DESIGNER, DIGITAL EDITIONS Andrew Tran

Recipe & magazine inquiries: 416-733-7600, ext. 3501 | letters@canadianliving.com

Subscription inquiries: 905-946-0275 | canadianliving.com

Advertising inquiries: Patricia Mixemong | patricia.mixemong@tc.tc

CANADIAN LIVING MAGAZINE is published monthly by Transcontinental Media G.P., 25 Sheppard Ave. W., Suite 100, Toronto, Ont. M2N 6S7, 416-733-7600; in U.S.A., 300 International Dr., Suite 200, Williamsville, N.Y. 14221. Printed at Transcontinental Printing 2005 G.P. RBW Graphics, 2049 20th St. E., Owen Sound, Ont. N4K 5R2, Distributed by Coast to Coast Newsstand Services. Postage paid at Gateway in Mississauga, Ont. Periodicals postage paid at Buffalo, N.Y. USPS 710-890. U.S. Postmaster, send address changes to Box 766, Buffalo, N.Y. 14240-0766. ISSN 0382-4624. Publication mail agreement #40064924. Return undeliverable addresses to: Canadian Living, 25 Sheppard Ave. W., Suite 100, Toronto, Ont. M2N 6S7. All reproduction requests must be made to: COPIBEC (paper reproductions), 1-800-717-2022; CEDROM-SNi (electronic reproductions), reproduction@cedrom-sni.com. Cover price: \$3.99. Subscriptions in Canada, one year \$27.98 (plus tax). U.S. subscribers add \$48 shipping (payable in advance). All other $countries \, add \, \$152.55 \, shipping \, (payable \, in \, advance). \, Download \, the \, Canadian \, Living \, app \, for \, iPad \, on \, the \, App \, Store \, iPad \, and \, contribution \, iPad \, and \, contrib$ Digital editions are also available on Zinio, Kobo, Press Reader, Nook and Google Play Newsstand. Contents copyright $2015\, Transcontinental\, Media\, G.P.\, We\, acknowledge \, the \, financial \, support\, of \, the\, Government\, of\, Canada\, through \, the\, Government\, of\, Canada\, through\, through\, the\, Government\, of\, Canada\, through\, thr$ Canada Periodical Fund of the Department of Canadian Heritage.















Find out more at www.clarins.com

One. With the power of Two.

Double Serum Complete Age Control Concentrate

Inspired by Clarins plant science and powered by 20 of the most powerful anti-ageing pure plant extracts, Double Serum's innovative, two-phase system targets all aspects of skin ageing in one complete concentrate. Immediately skin is more radiant. After 4 weeks, skin appears firmer, wrinkles are reduced and pores less visible¹. A double anti-ageing performance.

90% of women agree that Double Serum is more effective than their regular serum². Find out why.

1. Satisfaction test, 197 women.
2. Satisfaction test, 126 women, 4 weeks.

Official online store: www.clarins.com



CLARINS

The Mother of Reinvention

any of us spend a lot of energy searching for a "big idea" that will change our lives, but often it's the small ideas that make the most immediate impact. For example, I'd been fretting over an eight-inch gap between my prefab closet system and the side of my bedroom wall. What the heck was I supposed to do with a tiny space like that? "You have a collapsible ironing board,

right?" commented a friend who, in fact, had faced the same conundrum in her home. "Slide the board into that space when you're not using it. Then, when you need to iron something to wear to work, you can pull it out and iron right in your bedroom!" Her solution wasn't going to make headlines, but it absolutely made a difference to my day-to-day.

In the same genius vein, this issue is jam-packed with small ideas that we think will rock your world, starting with our cover recipe. I love this month's reinvention of two well-loved dishes: classic crêpes and the clubhouse sandwich. Instead of conventional wrapped crêpes, our Test Kitchen's delicious take involves stacking them and layering the sandwich fillings in between. Such an impressive presentation, so tasty, yet so easy! (I may have eaten more than one slice in the interest of quality control....) Not into bacon? Substitute with your favourite fixings. And because the crêpes taste great with savoury or sweet fillings, you can use the technique for an entrance-making dessert. The idea is endlessly riffable.



dress just turned into a top, and you've just doubled your wardrobe. (You're welcome!)

If your life has been changed by small-but-mighty ideas like these, we'd love to hear about it; you can send us an email at letters@canadianliving.com or tweet me @sandraemartin.

Happy reinventing!

Sandra E. Martin, multiplatform editorial director

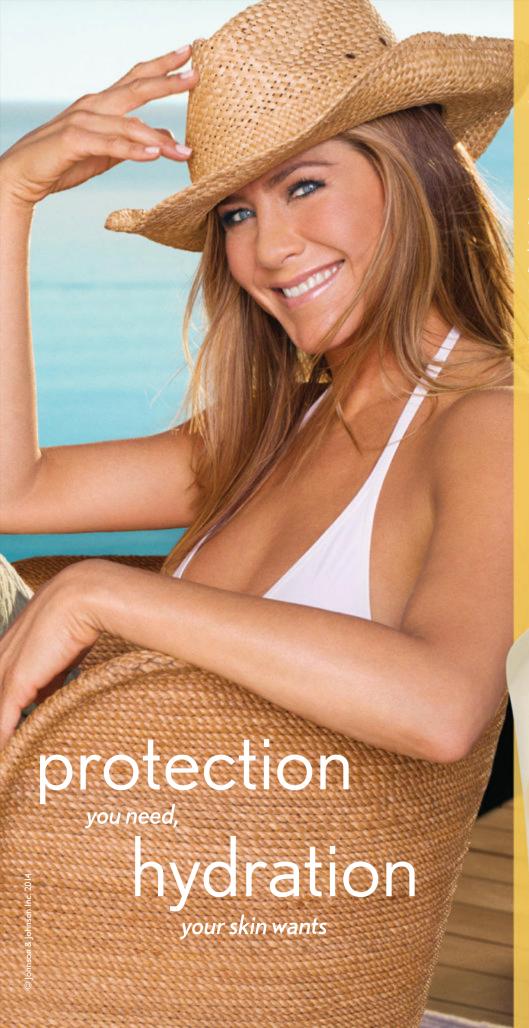


It's our way of announcing special stories, recipes and photos celebrating our 40th anniversary. You'll find it in the pages of the magazine and online at canadianliving.com/CL40.



BECOME A CANADIAN LIVING WE DAY AMBASSADOR!

Each year, We Day events around the globe inspire young people to make the world a better place—and Canadian Living is a proud longtime supporter. This year, we're inspired to up our game in the name of social change, but we'll need your help. We're recruiting a team of enthusiastic, articulate people from across Canada to report from the front lines of We Day events in Vancouver, Calgary, Saskatchewan, Manitoba and Halifax. Interested? Find out how you can audition at canadianliving.com/weday.



Aveeno. sunscreen lotion

AVEENO®

PROTECT+HYDRATE™ leaves

your skin healthier looking than
before you went in the sun.

Our ACTIVE NATURALS®

Oat Formula is clinically proven
to hydrate skin for up to 24 hours.



Dermatologist Recommended

Aveeno.

protect+ hydrate*

SPF **30**

sunscreen for face & body

waterproof sweat proof oil-free



CITIS HADRIED BUEST EDITOR OF THE STATE OF



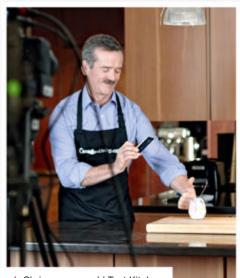
Chris Hadfield is a Renaissance man. As if being a learned astronaut and scientist weren't enough, he's also a talented musician whose "Space Oddity" music video has received about 25 million hits on YouTube, a captivating teacher who inspires kids to be curious about chemistry and physics, and the author of two bestselling books. Oh, and before this whole space-superstar business, he was a ski instructor for 10 years.

To meet him, you'd never know how much talent is hiding behind that moustached smile. The Toronto-based spaceman is ever-humble and, ironically, seems to always have his feet firmly planted on the ground. Chris grew up on a farm in Ontario, where he was constantly learning new things and figuring out how to fix whatever was broken. He attributes his multitude of skills to part innate ability and part hard work.

"The things that I find a natural ability for, I try to become as good at them as I can," says Chris, shrugging off comments about his many strengths. "I personally feel that each of us should have an undeniable compulsion to make the most of our particular talents. Life will be fuller if you push those things to their limits."

Chris has always been someone to rise to a challenge. Back when he was a nine-year-old watching the first moon landing, he made up his mind to become an astronaut, even though there wasn't a Canadian space program in existence at the time. Chris took the uncertainty—and near-impossibility—of the goal as a challenge, rather than a reason to quit.

It's an attitude he's maintained throughout his life. When Chris wanted to share his experience on the International Space



▲ Chris can now add Test Kitchen taste-tester to his long list of skills:
He gave our Easy Tropical Yogurt Parfait (page 130) his seal of approval.

Station (ISS) with the world, he enlisted the help of his web-wise son Evan and became one of the most social media–savvy people in the Twitter-verse. When he needed to take photos in space, he got instruction from skilled photographers to transform his average-at-best pictures into the awe-inducing images in his latest book, *You Are Here: Around the World in 92 Minutes*. (See his tips on how to improve your own photo skills on page 72.) In fact, photography is just one of about 1,000 things Chris was trained in before heading into space, along with electrical work, plumbing, computer repairs and even dental surgery!

Sure, no one's good at everything; Chris admits he's never been much of an artist and he's more of the "reheating type" in the kitchen (luckily, his wife's a trained chef). But that doesn't stop him from giving everything his best shot. And it pays off. When he came into our Test Kitchen, we were impressed not

only by his fun food stories from space—like how the Russian cosmonauts on the ISS loved Tim Hortons coffee so much they referred to everything else as "deputy coffee" because it was second best—but also by his pizza-making skills. (Watch him create his three-cheese masterpiece at canadianliving.com/hadfieldpizza.)

Now that Chris is back on Earth, he's doing what every scientific and creative genius should: inspire and teach others to expand their own horizons. Between bookwriting and speaking engagements, he's been teaching in aviation programs at the University of Waterloo. His advice is slightly more practical than the clichéd "shoot for the stars": "Give yourself the gift of a long-term, almost unattainable goal. The beauty of it is, it will shape your life in a direction that you naturally love." — Jill Buchner



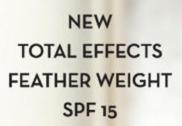
Sandra E. Martin, our multiplatform editorial director, "In Canada," a song he plays with his brother, Dave. The tune had our team humming all week. Check it out at canadianliving.com/canadasong.

"Each of us should have an undeniable compulsion to make the most of our talents. Life will be fuller if you push those things to their limits."

➤ Want to make music like Chris Hadfield? We're auctioning off a guitar, signed by the spaceman, to raise money for the Music Therapy Program at SickKids in Toronto. Proceeds from this campaign will support the SickKids Foundation. Visit canadianliving.com/guitar for details on how to bid.



Chris craved pizza for his first meal back on Earth, so that's what we made when he came into our Test Kitchen. He got his hands on the dough and entertained Food director Annabelle Waugh with stories about space food.



Our quick-absorbing, weightless-feeling moisturizer fights
7 signs of aging for younger, healthier-looking skin.





TOTAL effects

YOUR BEST BEAUTIFUL™



Canadian Living.com

Trusted info from Canada's largest magazine site for women

MAY



Own Chris Hadfield Memorabilia

Bid on this guitar and help raise money for the Music Therapy Program at SickKids in Toronto.* Get the details at canadianliving.com/guitar.



Don't Miss It, Pin It!

Keep all of your favourite Canadian Living recipes and DIY inspiration at your fingertips. pinterest.com/canadianliving



STAY CONNECTED with Canadian Living wherever you are!



m.canadianliving.com



facebook.com/ canadianliving







*Proceeds from this campaign will support SickKids Foundation.

"I'LL NEVER LOOK BACK, I WILL JUST LOOK YOUNGER."

Now with more vitamins than the leading U.S. prestige moisturizer.

New Olay
Total Effects 7-in-One,
from the world's #1.
In just 4 weeks,
skin looks up to
10 years younger.



YOUR BEST BEAUTIFUL™





Look peachy. (See tip #9.)

BEST ADVICE EVER!

Throughout our anniversary year, we'll be dipping into past issues to share inspired ideas that are as fresh today as when they first hit the page. Here are *four decades*' worth of wisdom from the May issues of *Canadian Living*.



Try pita-bread wrapping. (See tip #6.)

- 7 Add depth and interest to outdoor photos by framing shots with objects in the foreground, such as rock formations or overhanging tree branches. 1981
- 8 Feeling overwhelmed?
 To free your mind of stressors, make a list of your worries, writing a potential solution next to each problem.
 Even if there isn't a fix for everything, externalizing the issues on paper will help with anxiety. 1982
- glow with a warm peachtoned shade of blush. — 1982

- Wash or dry-clean winterwear before storing. Moth larvae are attracted to dirt, and some stains, though not obvious now, can oxidize over time. By fall, stains may be impossible to remove. 1983
- Fill a "dead" corner with a tall houseplant like a majesty palm. 1983
- During a thunderstorm, avoid handling potential conductors such as electrical appliances and metal objects (think the kitchen sink and bathroom taps). 1984
- When shopping for pots and pans, the metal should be a fairly heavy gauge (thickness) and handles should be easy to grip, heatproof and firmly mounted. Make sure lids fit snugly and bottoms are the same diameter as your range elements or burners. 1986
- 14 Examine the ends of cut flower stems before buying: They should be white or light-coloured rather than dark. Drooping and discoloured leaves can also be signs that blooms are past their prime. 1989
- L5 When climbing a ladder, always maintain three-point contact: two hands and one foot; or two feet and one hand. 1989
- G When buying asparagus, select firm, straight, rich green spears that are uniform in size with closed tips. Stalks should be smooth, as ridges are a sign of age. 1990
- To Store fresh chicken in the coldest part of the fridge for up to 48 hours or in the freezer for up to six months. 1990

1 Get your lawn mower oiled and sharpened before cutting season starts.
Allow the grass to grow four inches before the first mowing. — 1977

2 Don't transplant homegrown seedlings until you're sure the last frost has passed. Harden off the plants by setting them outdoors for increasing lengths of time every day for two weeks, then transplant. — 1977

3 Planting annual or perennial climbing vines is a good choice for screening an area; they provide shade on a porch or a patio and can cover a fence. — 1977



4 Instead of washing your face midday, use blotting tissues to remove excess oil. That way, you won't have to reapply your makeup. — 1978

5 Soothe dry or chapped hands with petroleum jelly before going to bed. Put on a pair of cotton gloves to

lock in moisture and protect

bedsheets. — 1979

6 Pita bread is a great wrapping for a variety of

fillings, including curries, cool salads and chiliflavoured stuffings usually reserved for tacos. — 1980

- 18 Meat is often the most expensive item on your grocery bill. Dried beans, peas and lentils, on the other hand, are incredibly affordable and also great sources of protein. 1992
- 19 Cool cotton scarves are a cheap and cheerful way to perk up your summer wardrobe. — 1992
- 20 Choose fresh fish fillets that are glistening, translucent and firm, with no fishy odour. 1992
- 21 Barely there blush tones on short nails are practical, youthful and office-appropriate. 1993
- Be aware of small aches or tingling sensations that occur during or after work, particularly if you have to repeat certain motions. Frequently reaching overhead or behind your torso, or applying pressure to a bent wrist, could put you at risk of a repetitive strain injury. 1995
- After age 25, your resting metabolism begins to decrease. The good news is that you can combat this decline by building muscle, which uses significantly more energy to sustain than fat. 1996
- 24 A high-quality paintbrush should be soft and springy, bouncing back into shape immediately after being pressed against a solid surface. Ensure that bristles are thick and abundant. 1997
- 25 To paint large areas, use a three-inch-wide flat brush with a tapered edge. Use a sash or trim brush (with angled bristles) to paint trim, moulding and mullions. 1997

LEARN HOW TO PAINT LIKE A PRO WITH OUR STEP-BY-STEP HOUSE-PAINTING PRIMER AT canadianliving.com/ housepainting.

- 26 When planning your outdoor plantings, place aromatic flowers and herbs near outdoor seating areas or close to open windows and doorways. Ornaments, statuary, birdbaths and fountains are suitable for shady spots. 1997
- 27 If using frozen rhubarb instead of fresh, be sure to thaw, drain well and pat dry before using. 1998

Enhance a shady area with a birdbath. (See tip #26.)

- of the backbone, then remove it. Cut through the breast lengthwise, then cut each leg from the breast. Pull each drumstick joint out of its socket and cut to separate. Finally, cut each wing from the breast. 2002
- 31 Kitchen sinks can be a breeding ground for bacteria. To keep things clean, wash sponges, dishcloths and cutting boards with soap and hot water after every use, then allow to dry completely. 2002
- Always keep a stash of moist toilettes handy. They're useful for cleaning everything from sticky fingers to dusty shoes—and they can cool you down on a hot day. 2005
- Don't use hot water on a mystery stain: It can set protein stains such as milk, egg and blood. — **2006**
- 36 When communicating with someone who has any degree of hearing loss, get the person's attention before speaking and look directly at him or her.

Refrain from putting your hands in front of your face or chewing gum. Speak clearly and rephrase if you aren't understood. — **2007**

- Get rid of surface mildew before painting outdoor furniture or it will reappear as brown or black stains. Scrub affected areas with a soft brush, then wash with a mixture of one part household bleach to three parts warm soapy water. Rinse thoroughly and let dry before priming. 2008
- Grawer liner to size and use it to anchor your cutting board while you chop. 2009
- the thought of wearing high heels all day, try a wedge shoe. It cushions the entire foot, distributing pressure evenly from toe to heel. 2011
- 40 If you're wearing very bright lipstick, keep the rest of your makeup minimal. Just a little mascara and eyebrow grooming and you're good to go. 2012



- 28 Don't cut your lawn too short; extra length encourages deep roots that retain moisture. 2000
- Dark undereye circles tend to be genetic, but you can minimize their appearance with adequate sleep, a healthful diet, prescription vitamin A creams and products containing vitamin K. 2000
- To separate a whole chicken into parts, use kitchen shears to cut along both sides

- type If you plan to cut your own bangs, use hairstyling or facial-hair scissors. Dampen your hair and divide it into three sections across your forehead before cutting. 2004
- Walking shoes and running shoes are designed with different foot motions in mind, so choose the right footwear for your workout. 2004



IS THERE A PARTICULAR TIP FROM A PAST ISSUE OF CANADIAN LIVING THAT YOU'VE NEVER FORGOTTEN? WE'D LOVE TO HEAR FROM YOU AT CL40th@canadianliving.com.

PROUDLY INTRODUCING

THE ALL-NEW 2015 CHRYSLER 200



PRECISION PERFORMANCE AT EVERY TURN

Featuring the available award-winning 3.6L Pentastar™ VVT V6 engine, the all-new 2015 Chrysler 200 delivers Best-in-Class¹ power without compromising fuel efficiency. Its class-exclusive¹ standard 9-speed automatic transmission provides smooth, efficient gear transfers at any speed. And the available all-wheel drive system goes to work automatically, engaging for maximum traction based on changing driving conditions. It also fully disconnects the rear axle when it's not needed — making it the most advanced system in its class! This is just one reason why it has been awarded the industry's top safety accolade, the IIHS² Top Safety Pick+. The all-new Chrysler 200. Canada's most affordable mid-size sedan, starting at just \$22,495*.



chrysler.ca





From flowery to fresh to exotic, these perfumes are packed with personality. We'll help you find the right scent for any woman in your lifeincluding you. BY JULIA MCEWEN PHOTOGRAPHY BY **GEOFFREY ROSS**

the romantic

A traditional floral perfume is the ideal match for a romantic personality. These ultrafeminine scents are the powerhouses of the fragrance world.

- 1. A gorgeous mix of rose, blackberry and musk gives this scent a lively sensuality. Very Irrésistible Givenchy L'Eau en Rose, 75 mL, \$98, shoppersdrugmart.ca.
- 2. This blend of orange blossom, neroli (an essential oil distilled from bitter orange trees) and jasmine creates a fragrance that's both fresh and sexy. Chloé Love Story Eau de Parfum, 50 mL, \$100, thebay.com.
- 3. Opening with a burst of mandarin and bergamot, this floral scent finishes with a bouquet of patchouli, sandalwood and musk. Donna Karan Liquid Cashmere Eau de Parfum, 100 mL, \$120, thebay.com.
- 4. Jasmine, apple blossom and mandarin blend beautifully in this sweet floral. Daisy Marc Jacobs Eau So Fresh Sorbet Eau de Toilette Spray, 75 mL, \$95, thebay.com.
- 5. Featuring hand-picked flowers from Grasse, France (the world's perfume capital), this rose-based fragrance surprises with a hint of violet and other fresh flowers. Aerin Rose de Grasse, 50 mL, \$205, sephora.ca.
- 6. RiRi's flirtatious limited-edition scent has notes of lemon blossom, rose, jasmine, patchouli and warm musk. Rogue Love by Rihanna, 75 mL, \$59, shoppersdrugmart.ca.

the adventurist

Fresh citrus scents are the Pinot Grigio of the fragrance world: crisp and eternally green. Lemon, grapefruit and bergamot combine with earthier components such as grass to capture the outdoors.

- 1. This spirited blend of green tea, bergamot, violet and camellia is easy on the wallet. The Body Shop Fuji Green Tea Eau de Cologne, 100 mL, \$20, thebodyshop.ca.
- 2. Grapefruit, lilac leaves, orange and tonka flowers are balanced with moss, cucumber and vanilla grass to create this captivating scent. Fresh Life Eau de Parfum, 100 mL, \$103, sephora.ca.
- 3. This eau blends mandarin, lemon and bergamot with freesia, pistachio and patchouli for an inviting fresh bouquet. Guerlain La Petite Robe Noire Eau Fraîche, 50 mL, \$82, guerlain.com.
- **4.** This sporty fragrance delivers invigorating lemon and orange along with notes of lotus, lilac, amber and musk. Burberry Brit Rhythm for Her Floral Eau de Toilette, 90 mL, \$105, thebay.com.

NEED MORE HELP CHOOSING
THE RIGHT PERFUME? READ OUR
EXPERT TIPS AT canadianliving.com/
fragrancewardrobe.



the power player



- 1. This woody-floral-oriental has top notes of pink pepper and orange blossom with bottom notes of elegant cedar and sensual benzoin. Boucheron Place Vendôme Eau de Parfum, 50 mL, \$90, thebay.com.
- **2.** A spritz of this sultry perfume will leave your skin with a bewitching aroma of black rose, orchid absolute and lichee praline. Lancôme La Nuit Trésor Eau de Parfum, 50 mL, \$98, thebay.com.
- **3.** Complex yet elegant, this eau is composed of citrus top notes, heady floral middle notes and a warm spicy base. Chanel Coco Noir Eau de Parfum, 50 mL, \$122, holtrenfrew.com.
- **4.** This limited-edition fragrance seduces with notes of lilac, cardamom, amber and patchouli. Gucci Guilty Diamond Pour Femme Eau de Toilette, 75 mL, \$118, thebay.com.
- **5.** This perfume oil is an addictive blend of violet, sandalwood and rich vanilla. *Elizabeth and James Nirvana Black Pure Perfume Oil, 14 mL, \$42, sephora.ca.*
- **6.** Tudor rose blended with golden amber, clove and ginger creates a spicy sensual scent. *Jo Malone London Tudor Rose & Amber Cologne, 30 mL, \$75, holtrenfrew.com.*







T'S A MOMENT FORGED IN GOLD. A THOUSAND LATE NIGHTS STRUNG ON A SILVER CHAIN. AN INSIDE JOKE TWINKLING BACK AT HER. AND WHO KNOWS WHAT IT'LL BE TOMORROW. SHARE THE #ARTOFYOU AND EXPLORE AT PANDORA.NET

PANDORA





DRAW IT OUT

The always impeccably made-up **Kim Kardashian West** is a fan of contouring, but her touch can be a bit heavy for real life. Leave the high drama to the celebs and try these easy-to-use products that will help your face appear naturally slim and glowing.

For natural-looking definition

In general, contour products should be free of shimmer and only two shades darker than your skin tone. Rodial's offering, in its gorgeous leather compact, features the ideal taupe for light to medium skin. Rodial Instaglam Compact Deluxe Contour Powder in 03, \$75, murale.ca.

For a quick fix

If you find yourself lacking time, try Hard Candy's retractable stick. Simply swipe it once across your cheeks with the light hue along the top of the cheekbone and the darker hue on the apple for a more sculpted appearance. Hard Candy Cheeks & Balances in Island Glow, \$6, walmart.ca.

For a bronze glow

Contour Palette, \$55, sephora.ca.

If your skin has golden undertones, look for warm pearlescent hues. Pixi's bronzy sculpting trio features a peach highlight, a bronze contour and a rosy-bronze blush to add definition and enhance your tan. Pixi Bronze Sculpt Trio in Sunshine Sculpt, \$28, pixibeauty.co.uk.

For brush-free application

Highlighting and contouring sticks make sculpting a cinch. The wider the stick, the easier it is to apply—see Clinique's new contour-and-highlight duo. Slim pencils are useful for small areas such as your nose, the cupid's bow of your top lip and your brow bones; Smashbox's creamy new trio in Contour, Bronze and Highlight allows precise application with superb blendability. Clinique Chubby Stick Sculpting Highlight and Clinique Chubby Stick Sculpting Contour, \$24 each, clinique.ca. Smashbox Step-by-Step Contour Stick Trio, \$52, sephora.ca.



1. Nudestix Eye Pencil in Burnish, \$28. 2. Nudestix Lip Pen in Nudity, \$28. 3. Nudestix Concealer Pencil, \$28. All available at sephora.ca.

3

Five Minutes With

JENNY, TAYLOR AND ALLY FRANKEL,

NUDESTIX COFOUNDERS

"WE'RE CHANEL MEETS CRAYOLA,"

says 15-year-old Ally as she introduces her family's labour of love, Nudestix. This month marks the one-year anniversary of the crayon-based makeup com-

sary of the crayon-based makeup company launched by Torontonian Jenny Frankel, Cover FX cofounder and former M.A.C Cosmetics product developer, and her daughters, Ally and 18-year-old Taylor. A "nude but better" philosophy inspires the brand's blendable neutral-

hue products that come in easy-to-apply crayon format. The trio chatted with us about their love for the brand and how to get the perfect nude look. — *Andrea Karr*

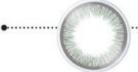
What was the inspiration behind Nudestix? Jenny: In 2011, I had an *Eat, Pray, Love* moment. The "love" was enjoying my teenage daughters because I was always busy as a working mom. I started

noticing that millennials don't like anything that takes too much time because they're always on the go. They want makeup that's easy, neutral and imperfectly perfect.

What's it like to work together? Taylor: She inspires us, and I find that relating to my mom on a different level makes our connection stronger. We appreciate what she's accomplished.

What's your favourite Nudestix product? Taylor: I do not leave the house without concealer. I use it as a spot foundation for underneath my eyes and around my nose. **Jenny:** I love the no-makeup makeup look, so one of my favourites is the Eye Pencil in Burnish. Being more mature, I love cream shadows because I find powders make me look really dry.

What's the best nude look? Ally: I dab a bit of concealer wherever I need it. I highlight with the Eye Pencil in Shimmer, then contour with our dual-ended sculpting and highlighting pencil along the cheekbone, jawline, sides of my nose and temples. I use the Magnetic Eye Colour in Gilt on my eyelids with mascara and apply our Lip Pen in Nudity.







1-Day Acuvue Define Lenses, \$40 per 30 pack, available through eye-care professionals.

BRIGHT EYES ACUVUE DEFINE

HAVE YOU EVER considered giving your eyes a boost? Acuvue's new Define line of contact lenses makes your peepers look brighter and younger by enhancing colour and deepening the limbal ring (the dark outer border of the iris), which becomes less distinctive with age. (A study from the University of California at Irvine showed that men and women were perceived to be more attractive when the limbal ring was more prominent.) The one-day disposables for both cosmetic and corrective contact wearers come in three varieties: Natural Sparkle for a hint of aqua and light definition of the limbal ring; Natural Shimmer for khaki tones and added depth and contrast; and Natural Shine, best for dark brown eyes, for the thickest, most intense ring. — Julia McEwen



Tech Style THIRDLOVE LINGERIE

Quality undergarments are the foundation of good style, but most women (80 percent!) wear ill-fitting bras. The problem, says San Francisco native Heidi Zak, cofounder of ThirdLove, is that most brands are fitted for models with "perfect" breasts, even though many of us have far-fromstandard shaping. Her solution: a company that tests prototypes on hundreds of real women and offers signature half-cup sizing (from AAA to G). ThirdLove's free app can even determine your correct bra size for easier ordering online. With Europeaninspired designs and high-end fabrics, this online shop might just be your new go-to stop for pretty underthings. Available at thirdlove.com. — AK



This front-closure bra adjusts at the back for the perfect fit. Add the removable inserts for instant volume. The Evolve Push-Up front-closure bra, \$74.

PHOTOGRAPHY, KEVIN WONG (NUDESTIX)

Say goodbye to the wrinkle cream graveyard and hello to the one that works.

NEUTROGENA® Rapid Wrinkle Repair®

Visibly reduce wrinkles in just **ONE WEEK** – with continuous improvement month after month.

25 years of retinol research has led to the development of our breakthrough Accelerated Retinol SA formula, which starts working the moment it touches your skin.

From the #1 dermatologist recommended brand.*







fashion Market Alleration

An entire week of outfits with only seven pieces of clothing? Yes, please! Here's how a few well-chosen garments can add up to countless striking outfits.



BY JULIA MCEWEN PHOTOGRAPHY BY NORMAN WONG
HAIR AND MAKEUP BY JUKKA/TRESEMMÉ HAIR CARE/M.A.C COSMETICS/PLUTINO GROUP





Don't be afraid to mix metals when accessorizing. Working with three (or more) different tones will give your styling a stronger, more deliberate look.

Jacket + Jeans

No shirt? No problem.
This safari-style
jacket is thin enough to
masquerade as a shirt.
Belt the waist, pop the
collar and add a pair of
dark-wash jeans. Ground
the look with a wild
pair of leopard pumps.
Stud earrings, \$45, banana
republic.ca. Leopard-print
shoes, \$48, ninewest.ca.

Dress

Some pieces are so special they don't need a supporting cast, and this structured silk dress is one of those star garments. Add extra polish with a sleek statement necklace, an oversize metallic clutch and black heels. Necklace, \$15, hm.com/ca. Misha Nonoo x Aldo clutch, \$50, bananarepublic.ca. Nine West shoes, \$125, townshoes.ca.



Reinvent your open cardigan while defining your waist by adding a belt. Look for a style that has elastic at the back, along with a snap closure.

Shirt + Skirt

Free your button-down blouse from the 9-to-5 zone by having it moonlight on weekends. Give it a less structured, more ethereal appearance by teaming it with a textured white midi skirt. The light palette is pretty and refreshing. Earrings, \$10, hm.com/ca. Misha Nonoo x Aldo clutch, \$65, aldoshoes.com. Bracelet, \$50, bananarepublic.ca. Leopard-print shoes, \$48, ninewest.ca.

Cardigan + Shirt + Pants

When in doubt, put on a pair of personality pants. Team them with an easy button-down and a cashmere cardigan wrapped and belted for a nod to robe dressing. Choose neutral accessories to keep the outfit subdued. Fringed earrings, \$90, jcrew.com. Belt, \$18, hm.com/ca. Watch, \$135, swatch.com. Handbag, \$180, winners.ca. Nine West shoes, \$125, townshoes.ca.

LOOKING FOR GREAT SHOES FOR EVERYDAY? FOLLOW OUR BUYING GUIDE AT canadianliving.com/classicfootwear.



Cardigan + Shirt + Jeans

Add layers to get more mileage from jeans. The soft pink top paired with the heather-grey cashmere cardigan is a sweet balance to the dark skinny jeans. Pump up the look with jewellery such as a costume necklace and a watch. Floral necklace, \$11, forever21.com. Watch, \$135, swatch.com. Handbag, \$180, winners.ca. Leopard-print shoes, \$48, ninewest.ca.

The Transformers

There are certain accessories every woman should own to help reinvent her spring wardrobe favourites. From a playful bag to a stately pair of pumps, here are 10 items that can transform your attire.



Trendy piece Leather circle bag, \$150, bananarepublic.ca.



Jewellery you never take off Stud earrings, \$45, bananarepublic.ca.



Statement earrings Fringed earrings, \$90, jcrew.com.



Investment purse Handbag, \$180, winners.ca.



Go-with-anything clutch Misha Nonoo x Aldo clutch, \$65, aldoshoes.com.



Playful timepiece Watch, \$135, swatch.com.



Sophisticated arm candy Bracelet, \$50, bananarepublic.ca.



Classic pumps Leopard-print shoes, \$48, ninewest.ca.



Sleek sandals Nine West shoes, \$125, townshoes.ca.

.....



High-shine necklace Necklace, \$15, hm.com/ca.

PHOTOGRAPHY: KEVIN WONG (HANDBAG, NECKLACE); RYAN BROOK (EARRINGS)



STICINITY
TO SENSITIVITY
WITH CREST SENSITOOTHPASTE





Crest® Sensi-Repair & Prevent™ toothpaste is scientifically proven to help repair sensitive teeth. For a gentle routine, try the Crest® Sensi brush and rinse today — and really **sink your teeth into the game**.

www.crest.com/en-CA/

life opens up with a healthy mouth





New Vaseline® Intensive Care® Repairing Serum with 10x repairing power. Moisturizes over time to visibly heal dry skin by 10x.

> THE HEALING POWER OF



1.behave!

Love it or hate it, you've got a type—of hair, that is.
So whether you're kinky, straight or in between,
we've got the right cut and style for your texture with
expert tips from a hair pro. BY ANDREA KARR



KEVIN MANCUSO, HAIRSTYLIST AND NEXXUS CREATIVE DIRECTOR

Keira Knightley

THE CUT Try a layered bob for movement and manageability. Avoid cropping fine hair too short, as a pixie will make locks appear even thinner.



Jamie Chung

WORK IT You know the shiny shampoo-commercial locks that swish like a yard of silk? For the straight-haired gal, that style is easy to achieve. Simply wash with a moisturizing, smoothing shampoo, apply a heat-protecting serum and comb to detangle. Then, using a hair dryer with a nozzle, blow-dry, pulling the hair taut with a paddle brush as you go. If necessary, finish the ends with a straightening iron.



Reese Witherspoon

FIGHT IT The most difficult style for straight hair is one with volume and waves, but that doesn't mean it's impossible. After washing and conditioning with volumizing products, flip your head over to work a lifting spray into the roots with your fingertips. Next, apply a volumizing mousse from roots to tips. With your head upside down again, blow-dry while tousling your locks, then smooth the ends with a round brush. Finally, add waves with a curling iron and set with hairspray.



TOOL KIT: 1. This thickening shampoo adds density to fine and thinning hair while fortifying follicles and roots to prevent future hair loss. *Kevin Murphy Plumping Wash*, \$35, *kevinmurphy.com.au.* **2.** Lift from roots to ends with this volumizing spray mousse. *Garnier Fructis Full and Plush Root Amp Spray Mousse*, \$5.50, *garnier.ca.* **3.** Try a rod curling iron without a clamp for natural-looking waves. *Sultra Bombshell 1-Inch Rod Curling Iron*, \$150, sephora.ca.





Eva Longoria

THE CUT "Wavy hair is my favourite texture because it gives you the best of both worlds," says Mancuso. "The possibilities are endless." This hair texture has body and holds a style more easily than a straight mane, and it doesn't take as long to blow-dry straight as curly hair. You can get away with most haircuts, but longer hair is a cinch to manage.



Wavy is that sweet spot that gives you the best of both worlds.



Amy Adams

WORK IT Glam finger waves are easy to style if you have wavy hair. To start, smooth a moisturizing serum into damp locks. Side-part the hair and comb the serum through, then apply a small amount of mousse with hold. With your fingertips, press your hair gently to find where your waves naturally fall. Starting near the part, emphasize each wave by pulling on the crest, then using a duckbill clip to hold the trough in place. Once all waves are accentuated and clipped, use a blow-dryer with a diffuser to dry the waves. Lastly, remove

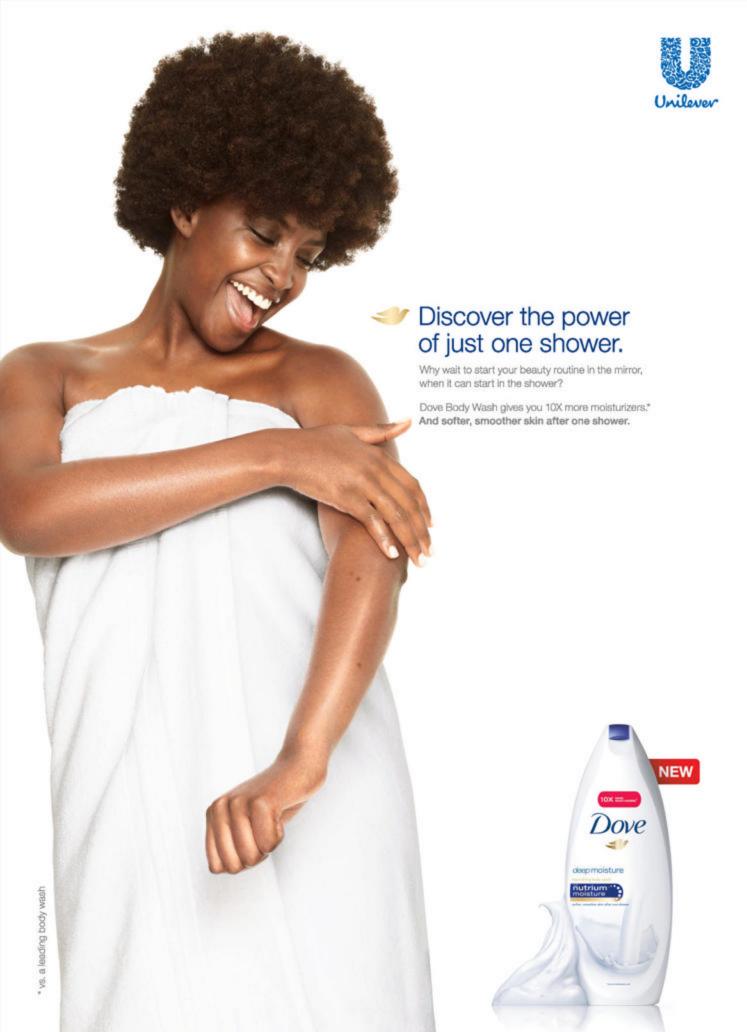
the clips and use a curling iron to add extra definition.

Kate Hudson

WORK IT AGAIN There's no need to fight your texture. For undone beachy waves, apply mousse or texturizing gel to damp hair, then flip your head over and dry with a diffuser. To provide volume, scrunch at the roots while blow-drying upside down, then flip your head back up and continue scrunching throughout to encourage waves to develop. Stop when hair is about 90 percent dry, then allow the rest of your mane to set naturally. "Beachy waves are fluffed and flyaway," says Mancuso, so don't try to smooth your strands into perfect bends.



TOOL KIT: 1. This serum adds moisture and prevents other styling products from becoming crunchy. Nexxus Encapsulate Caviar Serum, \$20, nexxus.ca. 2. To add texture, scrunch this product through damp hair before blow-drying. L'Oréal Professionnel Wild Stylers Scruff Me, \$24, Iorealprofessionnel.ca. 3. A high-quality blow-dryer works fast and cuts down on frizz and heat damage. T3 Featherweight 2, \$240, and T3 SoftTouch 2 Diffuser, \$30, sephora.ca.



Using a mask is important to make curly hair smooth. The richer the mask, the easier the blowout.



Audrey Tautou

THE CUT For women with curly hair that's medium to fine in density, try a pixie; the curls will stack, adding volume without roundness. If your hair is thick, a pixie will look unflatteringly wide. Instead, chop just below the shoulder to add weight and avoid the wideness of a shorter layered cut. Bonus: This length is super easy to manage.

Thandie Newton

WORK IT Start with locks that have a tiny amount of conditioner left in post-shower to define the curl and add a bit of weight. To maximize your curls, apply leave-in products and allow hair to air-dry. If you prefer a softer look, apply a serum, an oil or a cream to keep the curls together and prevent frizz. Lastly, if you need additional hold, finish with mousse. At each step, use small amounts of product, adding more as necessary, to prevent greasy, heavy hair.

Amal Clooney

FIGHT IT If you're trying to turn your megacurls into a silky-smooth mane, start with a rich hair mask to soften each curl. Leave it on for 10 to 20 minutes, then rinse, towel-dry and apply a serum. "You want as much slip and slide as you can possibly get," says Mancuso. Comb your hair straight, then section it and hold in place with a brush, pulling to create tension, and blow-dry the section. Once the hair is almost dry, use a large round brush with good grip to finish drying each section.



TOOL KIT: 1. Soften your curls with a super-rich hydrating hair mask. *John Frieda Beach Blonde Kelp Help Deep Conditioning Masque*, \$11, johnfrieda.ca. **2.** A mousse will give your curls hold and frizz control. *Vidal Sassoon Pro Series Waves Foam Mousse*, \$5, *vidalsassoon.ca.* **3.** Keep your spirals together and your texture smooth with a curl cream. *Schwarzkopf Professional BC Hairtherapy Smooth Perfect Smoothing Cream*, \$18, schwarzkopf-professional.ca. **4.** "You have to buy a good brush, period," says Mancuso. *Moroccanoil 45mm Boar Bristle Round Brush*, \$84, moroccanoil.com.





THE CUT If you're of African or Caribbean descent, you likely have kinky hair, which means natural spirals that tend to frizz. When wearing your natural texture, "you can try any length because it holds so much shape," says Mancuso. Make sure the cut is layered. Longer hair will start to part and become wider; shorter hair is easy to pick out into an Afro. We love the Afros and tufted curled styles that have been rocking red carpets!

Style starts in the shower. Treat the hair from the inside out to strengthen it because kinky hair is quite fragile.





Viola Davis

WORK IT "Style starts in the shower," says Mancuso. Kinky hair needs moisturization and softening products that will strengthen the hair shaft without turning the surface waxy or oily. Choose a nourishing shampoo and conditioner with proteins to build the hair from within. Mancuso suggests shampooing twice a week only but rewetting and conditioning the hair every day. Gently comb conditioner through and let it sit for a few minutes, then rinse, leaving a small amount in, and air-dry.

Kerry Washington

FIGHT IT Blowing out kinky hair without the help of a hairstylist requires time and strength. If you have both, use a handled comb with fairly wide teeth to brush conditioner through your hair. Once the product is evenly distributed, hold the compression nozzle of your blow-dryer over your hair and stretch the strands straight with a comb. Blow-dry in sections, pulling the hair taut as you go. Finish with a flatiron to add smoothness and shine.





TOOL KIT: 1. This Nexxus shampoo-and-conditioner pair is a favourite of kinky-haired

2. Kinky hair is usually dry, so use a hair mask once a week. Redken Curvaceous Curl Dive, \$24, redken.ca. 3. A sturdy comb with a handle and medium-to-wide teeth helps when straightening hair. Sephora Collection Tidy Detangling Comb, \$10, sephora.ca.



PHOTOGRAPHY: KEYSTONE PRESS (KNOWLES); COURTESY LOVEGOLD (DAVIS); PAUL ARCHULETA/GETTY IMAGES (WASHINGTON); KEVIN WONG (COMB)



— liners · pads · underwear
 —

Get dance-all-you-want bladder leak protection-Always Discreet for sensitive bladders. Our pads are up to 40% thinner* for incredible comfort and absorb 2x more than you may need, plus our pads are drier than Poise pads.† Because hey, pee happens. For coupons and your free sample, go to alwaysdiscreet.ca.

Always Discreet. So bladder leaks can feel like no big deal.

NUTRITIOUS
ENERGY TO GET
YOU GOING***



WHEREVER
YOU'RE GOING.



NEW LOOK. SAME GREAT TASTE.

Quaker* Harvest Multigrain Oatmeal Cups are made with real fruits, nuts, and whole grains like oats and barley. Available in Summer Berry and Apple Walnut flavours – they're where taste, meets goodness, meets convenience.

GOODNESS STARTS TODAY.



HEALTH NEWS | SLEEP TALK | SEASONAL ALLERGIES



MAY 2015 | CANADIANLIVING.COM

Squat with shoulder press

Standing with feet a little more than hip-width apart and holding weights at shoulder level with arms bent and palms facing forward, inhale and slowly bend at the knees into a squat. Exhale and stand up, extending your arms straight overhead.

Do eight to 12 reps.







Reverse lunge with knee up

Standing with feet shoulder-width apart and holding weights at your sides, inhale and lift your right knee until your thigh is parallel to the floor. Then, swing that leg behind you and plant your toes on the floor, bending both knees until they form 90-degree angles. Exhale and push off your toes to bring your knee back up. Do eight to 12 reps with each leg.



Biceps curl on one leg

Standing with feet together and holding weights at your sides with palms facing forward, bend your right knee, keeping both knees together, until your calf is parallel to the floor. Balancing on your left leg, exhale and bend your elbows to bring the weights toward your shoulders, keeping your wrists straight. Inhale as you release back down. Do eight to 12 reps on each leg.



HAIR AND MAKEUP, SHERI STROH/GREENBEAUTY.CA/PLUTINO GROUP. BEYOND YOGA OPEN-BACK TANK TOP, \$80, UNDER ARMOURLEGGINGS, \$70, AND INKE FREE 5.0 TR FIT 4 CROSS-TRAINING SHOES, \$140, SPORTING LIFE CA



Plank

Do one of these plank positions and hold for 20 to 30 seconds, progressing to one minute once you get stronger. When you can do the easiest plank position for one minute, move on to the more advanced positions.



EASY: Hover plank On your hands and knees, with your back flat, abs tight and arms straight with shoulders aligned directly over your wrists, lift your knees to hover about two inches off the floor.



INTERMEDIATE: Knee plank Support your weight on your forearms and knees, with your feet crossed in the air behind you. Keep your shoulders directly above your elbows, your back flat and abs tight.



ADVANCED: Full plank Support your weight on your forearms and toes, with legs extended. Keep your shoulders directly above your elbows, your back flat and abs tight.

works

Core muscles, including the transversus abdominis (the innermost abdominal muscle that stabilizes the pelvis), obliques (muscles along the sides that allow you to bend sideways and twist) and rectus abdominis (the outer musclessometimes called the six-packwhich help you bend forward)



On your hands and knees, straighten your arms, keeping your shoulders aligned directly over your wrists, then scoot your knees back and lift your feet behind you, dropping your hips so your torso forms a straight line. With your neck straight and abs tight, inhale and slowly bend your arms to lower your chest toward the floor. Exhale and push yourself up. Do eight to 12 reps.



THE PERFECT ENCORE TO YOUR WHITENING ROUTINE.

After brushing, Crest 3D White Brilliance Boost whitens your smile with 3X the stain-lifting ingredient.*



© Procter & Gamble, Inc. 2015 ORAL-17989

off the floor without rotating your spine and hold for two or three seconds. Return to start position, then repeat with your right arm and left leg. Alternate from side to side, exhaling as you lift your limbs and inhaling as you lower. Do four to six reps per side.

Superman

Lying on your stomach with

your left arm and right leg a few inches

arms and legs extended, raise

works

Erector spinae (the muscles that run along the spine, which bend and extend the back and let you move from side to side)





This content is vetted by medical experts at

Beauty Deauty Beauty

Gigi's Top 5 Get Gorgeous Tips

We asked YouTube star and beauty aficionado Gigi Gorgeous how she stays looking camera-ready. She gave us her top new must-haves and tips to make sure you're always putting your best face forward:





Whiter Teeth

Crest® 3D White™ Brilliance toothpaste fights cavities

Most people believe that having a white smile impacts how others perceive them – and I do too! My new favourite beauty secrets for giving my smile added shine are the new Crest® 3D White™ Brilliance Toothpaste and Boost routine. A must try!



2 Lipstick

Depending on my mood, I go for anything from a deep plum to a fun and flirty pink. My favourite lipstick for this season is COVERGIRL® Colourlicious #335 in Tantalize.

Mascara -

I LOVE mascara! This is my solution for a quick beauty pick-me-up. If I need something to perk up my look and have no time, a good mascara always does the trick.



Foundation

Foundation

The recipe for a flawless canvas is a good foundation. I like to warm mine up in my hands to make sure it goes on smooth and doesn't give me a cakey look.

Make Up Remover

Waking up with a fresh face helps me start fresh for the day! Always be sure to take off your makeup before bed. I use Olay® S'wipe Out Refreshing Makeup Remover wipes before I hit the sheets.

©Procter & Gamble, Inc. 2015 ORAL-18128



Available at steed SHOPPERS

Cheer UP!

A sunny disposition

may promote heart health. That's the takeaway from a recent University of Illinois study of more than 5,100 adults aged 45 to 84. Those with the highest levels of optimism were twice as likely to be in ideal cardiovascular health when compared to the negative Nellys, even after adjusting for factors such as mood disorders. The findings suggest that promoting psychological well-being may translate into a significant reduction in rates of death caused by heart attack and stroke. — Tralee Pearce

Pulling your own weight

Chris Hadfield helps both NASA and the Canadian Space Agency study the health implications of space travel, so he knows a thing or two about keeping the human body in good shape. "In weightlessness, you literally don't have to hold your head up. You can be the laziest person in the universe, and you will just decay terribly," says Hadfield. Fighting gravity by moving your body regularly is the best way to stay in shape. In space, Hadfield spent two hours a day harnessed to a treadmill or



clipped to a stationary bike in order to exercise; but down on Earth, we have the luxury of using gravitational pull for resistance. "Instead of buying another piece of exercise gear, a new set of shoes and a gym membership, go for a walk or do jumping jacks, which need no equipment," says Hadfield. "What you really need is impetus and discipline." — Jill Buchner



AN INTRIGUING THEORY linking depression and inflammation has been gaining steam. Researchers have found that, compared to the general population, rates of depression are higher in patients with an autoimmune disorder (in which the immune system attacks healthy cells, causing inflammation) or a condition that's treated with inflammatory medication. The idea: Depression is the brain's response to inflammation.

One of the leading proponents of the theory, Dr. George Slavich, clinical psychologist at the University of California at Los Angeles, no longer considers depression a solely psychiatric condition. "Depression does involve psychology," he says, "but it also involves equal parts biology and physical health." Promising findings indicate that adding anti-inflammatory medications to antidepressants may help improve symptoms of depression. — *TP*

BLUEBERRY BONUS

Eating just one cup of this tasty fruit (fresh or frozen) each day could help delay the onset of high blood pressure, according to a team of Florida State University researchers. And there's more: A study of postmenopausal women revealed that participants who consumed the recommended daily dose of blueberries saw reductions in blood pressure in just eight weeks. - TF





Sleep like a baby.

Sleep soundly.

And wake refreshed.

Introducing ZzzQuilTM
liquid from the makers of
NyQuil.TM



Indicated for relief of occasional sleeplessness. To ensure this product is right for you always read and follow the label. Keep all medicines out of the reach of children. © Procter & Gamble, Inc., 2015





insomnia (CBT-I), and research has proven it to CBT-I is a set of techniques based on a popular model of talk therapy that's designed to help people reframe disturbing thoughts, letting the air out of harmful thought bubbles, so to speak.

There are two processes that govern sleep: homeostatic regulation, which helps keep our bodies in balance by signalling that sleep is needed; and the circadian clock, a 24-hour cycle that tells us when to sleep and wake. Dr. Judith

Stay up late.

This encourages the homeostatic process to kick in and induces natural sleepiness. Note: There's a formula for this. Ask your doctor or check out Dr. Davidson's book, Sink Into Sleep: A Step-by-Step Workbook for Reversing Insomnia (Demos, 2013).

Keep a constant wake-up time, regardless of how little sleep you've had.

It keeps the circadian system stable and strong. (Sorry, no weekend sleep-ins.)

3

RESERVE YOUR BED FOR SLEEP (AND SEX). No reading, working or lounging. If you're awake and your mind is racing, go into another room. 4

Believe the research.

Do you fear you'll be useless in the morning? Repeat after us: Studies show that, though you might feel a little moody, others at work won't detect any slide in your performance.



IF YOU SUFFER FROM INSOMNIA AS WELL AS DEPRESSION OR ANXIETY, SEEK TREATMENT FOR BOTH CONDITIONS AT THE SAME TIME.

Getting better sleep may ease your other symptoms, according to research from Ryerson University in Toronto.

Address racing thoughts before they begin.

If you're mulling over work or family issues, write down your thoughts around 7 p.m. and make a plan to address your concerns, even if it's temporary—for example, telling yourself that you can't do anything more tonight and that you'll think about it tomorrow at noon.

Davidson, psychologist and associate professor at Queen's University in Kingston, Ont., often prescribes patients an intense four- to six-week CBT-I treatment when the two processes aren't functioning properly.

If habits that can hamper a good night's sleep—excessive napping and caffeine and alcohol consumption—haven't already been curtailed, this is the patient's first step. Then, a sleep diary provides Dr. Davidson with insight into how many hours of nightly snooze time the patient is logging (as opposed to time spent in bed, tossing and turning while struggling to fall asleep, or falling back asleep after a disturbance).

Dr. Davidson implements a new bedtime based on the total number of hours the patient spends asleep each night. For example, a patient

spends asleep each night. For example, a patient who wakes up for work at 6 a.m. and gets only five hours of total sleep per night will be asked to stay awake until 1 a.m. each night for about a week, no matter how sleepy she might feel. After a week of solid sleep, the patient is instructed to go to bed 15 to 30 minutes earlier every week until she is getting the duration and quality of sleep that leaves her feeling refreshed in the daytime.

Sleep-restriction therapy is often enough to quell the racing thoughts that patients blame for insomnia, but, if not, CBT-I has an arsenal of cognitive-restructuring tricks, too. The most effective technique combats the notion that you'll be a wreck on less than eight hours of sleep—a fear that, in itself, perpetuates insomnia. Contrary to the received wisdom, there is no ideal number of sleep hours; optimal duration varies from person to person and changes with age. Research shows that less than eight hours can be sufficient and that coworkers of sleep-deprived people don't notice a difference in their work after a poor night's sleep.

If you're having trouble falling asleep, visualize.
It doesn't have to be a relaxing beach scene—a chair or a table will suffice. Boring is good.

Watch the meds. Over-the-counter sleep aids lose effectiveness over time. Prescription medications are best suited to episodes of acute insomnia triggered by grief or trauma; they can be addictive and lose effectiveness, too. CBT-I often involves weaning patients off sleeping pills.

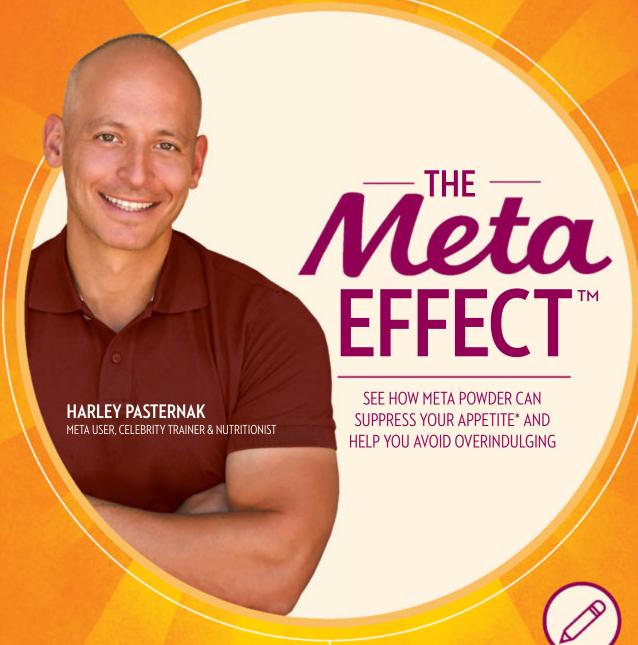
"They might actually be able to change the thought 'I'm not going to be able to function at work and it's going to be a disaster' to 'I'm not going to feel great, but I'm still going to function and get through the day,'" says Dr. Davidson. "That is a much less alerting thought. It's a calming thought. It's kind of boring as well. The more boring, the better."

Mundanity is a constant theme in Dr. Davidson's work. She recommends visualizing ho-hum objects like the back of a chair. This takes our mind away from thinking and problem-solving, and it may allow the brain to shift to a state that's more conducive to sleep. In the case of the chair, Dr. Davidson says the mental picture taps into the brain's habit of flashing fleeting images before our eyes as we fall asleep.

While a clinical diagnosis of insomnia involves a month or more of interrupted sleeping and negative effects on daytime functioning, those plagued by occasional bouts of sleeplessness—Sunday-night sufferers, we're talking to you!—also may benefit from CBT-I.

66A RUFFLED MIND MAKES A RESTLESS PILLOW.99

— Charlotte Bronte



Go on. Pick a tip.

That marks the start of one small healthy change you can make.

You see, Meta powder contains 100% naturally sourced psyllium fibre, the kind I use (and rave about). The kind of fibre that helps to temporarily suppress your appetite when taken prior to a meal* and even lowers your cholesterol levels.**



Write it. Live it.

Write your goal down. Read it before small thing to help with that goal. Like having Meta in your morning glass of water to increase fibre in your diet.



Walk This Way

Set a number of steps you must take before going to bed. Like 10,000 a day. Cool down and get your fibre by adding Meta to a Lemonade Chiller.



Dine Out Tip

Drink a Meta powder smoothie before you dine out. It'll make you feel full and help suppress your appetite.*



Meta Minder

Set reminders in your calendar 15 min before mealtime. That'll ensure you break out the Meta in time to dine.



Harley's Smoothie

5 almonds, 1 red apple, 1 banana, 3/4 cup nonfat Greek yogurt, 1/2 cup nonfat milk, 1 tsp. Meta, 1/2 tsp. ground cinnamon



Call a Pal

If you need some motivation to work out, call a friend. After you work out, add

Meta to your water. Rehydrate

and get a fibre boost.



A Smoothie Start

Breakfast kick-starts your metabolism and helps keep you alert throughout the day. Rushed for time and looking for ways to get Meta? Try a Banana-Orange Frosty with a scoop of Meta.



Shop Smart

Studies show that snacking before a grocery trip leads to less unhealthy food purchases. Why not get your fibre too?

Mix a smoothie, add Meta and go.



Eat Out Less

Home cooking will cut out excess salt or flavouring condiments found in restaurants. Add Meta to your dinner beverage for extra fibre too.



Kitchen Clean Out

Purge your cabinets of cookies, chips, and fatty meals. Move Meta from the medicine cabinet to the kitchen, then stock up on fresh fruits, veggies and whole grains.



Oh, Mr. Sun

Get out and soak up some Vitamin D for strong bones and a good mood. While you're at it, add a scoop of Meta to your water bottle and get your fibre too.



Hello H₂O

Staying hydrated could help you from overeating. It fills you up if you drink some before a meal.

Even better, add Meta.



Mind Changer

Change your mindset and you have the power to change your life. Want to add more fibre to your diet? Keep Meta at the office and at home.



Get full Meta recipes, tips & coupons at metaeffect.ca



THE MOST ALLERGIC PLACES IN CANADA

Sneezing yet? Blame pollen. From spring till early fall, Mother Nature unleashes this powdery substance from trees, then grass and, finally, ragweed, making life a sniffling, itchy-eyed misery for allergy sufferers. To make matters worse, if you happen to live in a large urban area, smog can amplify your discomfort. Find out which parts of the country are worst for tree, grass and ragweed allergies, then turn the page to find out how you can minimize those annoying symptoms. BY JACQUELINE KOVACS

Ragweed

This annual annoyance strikes primarily southern Ontario and western Quebec from August to late September. "There is very little ragweed in the Prairie and Atlantic provinces," says Dr. Sandy Kapur, president of the Canadian Society of Allergy and Clinical Immunology in Halifax.

WHAT IS POLLEN, ANYWAY?

Think of pollen as the plant world's equivalent of sperm. It's a powdery, often yellow substance released from the male part of plant flowers, called the stamen (and yes, even some nonflowering trees, like maples, develop flowers in spring to assist in the reproductive process), then carried by the wind, bees, birds and animals to the female part of the plant, called the pistil. Voilà—fertilization. Pollen can fertilize the same plant it came from or other plants within reach.



This spring

Get back to doing the things you love

bionette

I have suffered from a stuffy nose feeling from my allergies for the last 15 years. This is the first treatment to ever provide me with relief. Karin, Toronto



Say goodbye to your sneezing and runny nose this allergy season.

Bionette™ effectively relieves hay fever and allergic rhinitis without drugs or side effects. Bionette provides symptom relief from tree, grass, flower and weed pollens, spores, moulds, dust, animal dander, and other airborne sources of nasal inflammation.

Using clinically proven, effective, phototherapy, Bionette delivers easy-to-use, compact, and completely safe drug-free symptom relief enabling you to get back to doing the things you love.

Health Canada Medical Device Licence 89983











Proven, effective, drug-free hay fever allergy symptom relief is now available at

> www.bionette.ca 1-866-759-9664 and at select retailers nationwide



Why does pollen make me sneeze and my eyes itch?

In an allergic person, the body mounts an immune response to the allergen, which causes symptoms, explains Dr. Sandy Kapur, president of the Canadian Society of Allergy and Clinical Immunology in Halifax. "Nasal and eye irritations are the most common symptoms," says Dr. Kapur, "but that can extend to the lower airways, and you see symptoms like asthmasneezing, coughing, tightness in the chest-but not as commonly." Those annoying symptoms are caused by the body's release of histamine, which signals your sinuses to produce mucus and your eyes to produce tears in an effort to expel the allergen.

Are some seasons more allergy-causing than others?

In a word: yes. Pollen levels vary each year depending on how cold the winter has been, how warm the spring is, how quickly the weather changes, precipitation, humidity levels and other variables that impact growing seasonlarger plants, after all, create more pollen. Even more variables include the type of pollen, where you live-meaning that you may sneeze more or less after moving to a new city or another part of your current town-and time of year.

Can I control my symptoms without meds?

Avoiding pollen is the best way to alleviate seasonal symptoms: Close the windows in your home and car and use air-conditioning, for starters. But what about when you have to go to work? And who wants to stay inside all summer? You don't have to, says Bryce Wylde, alternative health practitioner and associate medical director of P3. a Toronto integrative health-care facility. "But when you get home," he says, "the first thing you want to do is put your coat in a separate closet,

throw your clothes into the laundry and, without going into your bedroom, get into a cold shower to wash all the pollen off." Don't forget your schnoz: Pollen can get trapped in your nasal turbinates and irritate your nose for hours. Wylde advises rinsing the pollen from your nasal passages with a nasal irrigator, such as a Neti Pot. And especially for those who also struggle with dust-mite allergies, he suggests putting your pillow in the dryer on high for 10 minutes before going to bed "to burn off anything that's in there."

Do over-the-counter allergy drugs really work?

They're a good start, says Dr. Kapur. Try taking an over-the-counter nondrowsy antihistamine once a day. "If your symptoms aren't controlled with that," he says, "you need to see a physician to get prescription medication." That medication might be an intranasal steroid spray or antihistamine eyedrops. Longer term, once you've been tested to clearly identify your allergies, you might opt for immunotherapy, which gradually trains your immune system to stop treating pollen as a viral invader. Immunotherapy has been around for a while in the form of so-called allergy shots; it's also available in a tablet that you place under your tongue once a day. The sublingual tablets are currently available for grass and ragweed, with more expected in the future.

Are my allergies getting worse?

If you've noticed an increase in itching and hacking, you aren't imagining things. As a result of rising global temperatures, there's more pollen and more allergy-aggravating smog in the air. The upshot? Climate change makes for a nasty double whammy to allergy sufferers in urban areas. — JK





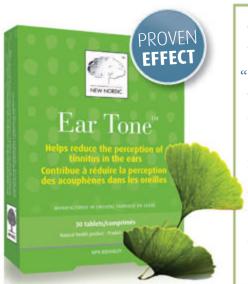
Natural Health Lifestyle FROM SCANDINAVIA

For over 20 years New Nordic has been the leading Scandinavian provider of high quality natural supplements. Our goal is to make products that improve people's health and vitality at all stages of life. We aim to be innovative leaders and to always provide our customers the very best natural remedies, nature can provide.

Do you suffer from tinnitus?

Ear Tone [™] is a Swedish product that is based on new research, showing significant results in relieving tinnitus naturally. Ear Tone™ works by supplying the ear with the right nutrients while promoting peripheral blood circulation. Try Ear Tone today and experience the effects for yourself.





TESTIMONIAL:

THE RINGING IN MY EARS FINALLY FADED!

y tinnitus problem started years ago. I was listening to music

during a long bus ride and when I stepped off, I noticed a constant ringing in my ears. Over time the ringing kept coming back and the noise even increased. It was unbearable.

When a friend told me about Ear Tone, I bought a box with great anticipation. After starting the second box I noticed that the ringing was reducing in strength and its

been declining ever since.

I can't express how happy this makes me feel and how much I now enjoy some silence. I still take Ear Tone, just to make sure I keep my ears healthy and to prevent problems in the future.

I strongly recommend Ear Tone - it has made a world of difference to me."

Lilly P., Sweden

New Nordic products are available at participating pharmacies and health food stores. For more information or to purchase online, visit our website or call at 1-877-696-6734.

























Mulberry Zuccarin Max™ MANAGING SUGAR **CONSUMPTION AND WEIGHT**

Yew Nordic's Zuccarin product was recently tested in a weight loss study and found to produce strong weight loss results. Zuccarin uses natural mulberry leaf extract and chromium,

to block absorption of carbohydrates in the foods we eat. When these sugars are undigested, our blood sugar stabilizes and we produce less of the fat storing hormone insulin.

Journal of Biological Regulators and Homeostatic Agents., Vol 28, no.1, 2014.

New Nordic's Mulberry Zuccarin tablets shown to produce 20 pounds of weight loss.

European Study

The link between excess sugar consumption and increased body fat has long been known, but recently a natural sugar-blocking supplement showed impressive results in an Italian clinical study, published recently.

The product, called Zuccarin Max, produced average weight loss of 20 pounds in only 90 days, which was significantly more than the placebo group and equal to 10% of initial body weight.



"White Mulberry Supplementation as Adjuvant Treatment of Obesity", G.Da Villa, G. laniro, F. Mangiola, E. Del Toma, A. Vitale, A. Gasbarrini and G. Gasbarrini, Journal of Biological Regulators and Homeostatic Agents., Vol 28, no.1, 2014.



MULBERRY LEAF EXTRACT

Mulberry leaf extract has been used for centuries in Asia for its ability to stabilize blood sugar levels.

Zuccarin is the no.1 selling mulberry leaf supplement in the world. To use Zuccarin simply take one tablet before a main meal, to reduce the absorption of sugars.



TAKING CARE OF NATURE AND PEOPLE:

New Nordic's environmental mission is staying CO2 neutral, and we do this by replanting trees to offset our emissions. New Nordic also supports Vitamin Angles, an organization that provides vitamins to children in need.





vitamin angels

BEAUTIFUL & YOUTHFUL SKIN

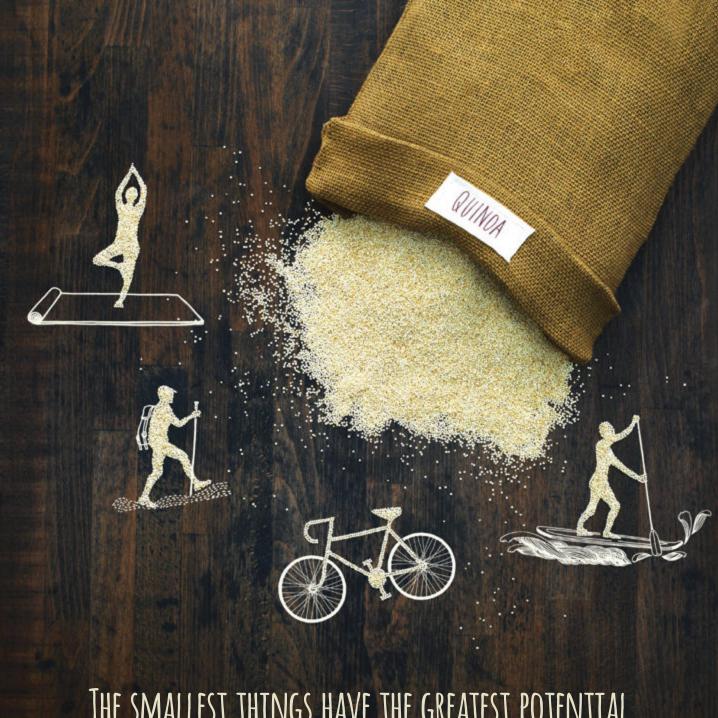


Skin CareTM

by New Nordic

- ✓ New anti-wrinkle supplement with type 1 collagen to promote thicker and smoother skin
- ✓ Increases hydration and elasticity in the skin
- ✓ Nourishes your skin from the inside out





THE SMALLEST THINGS HAVE THE GREATEST POTENTIAL.

Sure, one tiny, humble quinoa seed may not seem like much. But when it's used to make our newest Kashi* foods, it starts a path of eating well, which inspires another good decision. And then another. And that can take you anywhere.

Learn more at Kashi.ca





SIBLING BONDS | SEX & TECH | DIANA KRALL | PICTURE-PERFECT PHOTOS





Within days, I had populated a spreadsheet with the names of 50 people: former classmates, ex-colleagues and out-oftown girlfriends-most of whom lived far from my Montreal home. I emailed them all, explaining that I wanted to reconnect and share an adventure (especially anything involving travel and chocolate). I'd see them for an hour or a week—whatever time they could offer. I wanted to remind them that, cliché be damned, life really is short. You make a note to phone a friend and poof! Six months go by and you never make the call. My goal: To come back from each encounter refocused on what really matters—the people in my life.

Marijke got the ball rolling. Even though she lived just blocks away, our busy lives made it hard to connect. When I decided to create a quilt as a fitting memento of my Top 50 Project, Marijke, an accomplished quilter, agreed to help. We spent three giggly hours together. One experience down, 49 to go.

After inviting everyone to "Book me, baby!" I waited for the confirmations to roll in. Marcy, the first person to reply, made contact within 10 minutes. We were thick as thieves in high school, but we quickly lost touch after graduation. "May 11! Lunch!" she wrote. Though I never remember where I put my keys, I did remember that May 11 was Marcy's birthday. Her decision to celebrate it with me—someone she'd seen only once since we were 17—delighted me.

There were more responses, an initial flurry of 'Yay! What a great idea! Can't wait to see you!' replies. And then...life got in the way. Two months passed. Of the 30 keeners who had responded immediately, only three had committed. I followed up: "Consider this a loving kick in the rear to kick-start the party." My inbox was soon inundated with ideas, from taking a cooking class in New Orleans with my former boss Joan to free-falling in an indoor wind tunnel with my fearless friend Liliane.

Failing to stay in touch with family and not giving friendships the time and effort they deserve are common regrets people have as they age, says Sandra Reich, licensed psychotherapist and clinical director of the Montreal Center for Anxiety and Depression. "What people care most about in their lives is who they love and who loves them," she says. "We're most satisfied when we're connected, and connection is an immunizer against depression."

If you find it hard to make the time, Reich suggests asking yourself whether your life reflects your values. If friends are last on your list of priorities, you'll never get around to cultivating those relationships. "Friendships are like gardens," she says. "They need to be taken care of or the weeds take over."

I quickly realized that my project was about not only rekindling connections but also forging new ones.

Still, I waited for a few stragglers to chime in. "Your expectations are too high," said my sister. "Just because you want to reconnect with people doesn't mean they'll want to see you." Indeed, the lukewarm response from some—and the lack of response from a dozen others—surprised me. After suggesting a child-hood friend and I meet in Kingston, Ont., for a concert by an artist we loved throughout our teens, I got a half-hearted "I'll think about it," followed by radio silence. Another friend cancelled on me twice.

That said, I've happily reconnected with several of my Top 50-my neighbour Patti, for example. When the weather's good, we chat endlessly on our front stairs while our kids play in the driveway. But when winter arrives, our friendship goes into hibernation. This year, we spent two blustery winter days at my parents' cottage watching the snow fall and sipping mint-chocolate tea-a simple joy. And when my dear friends Frank, Dina and their daughter, Maya, travelled from Mississauga, Ont., to the Laurentians to spend time with my family over Christmas, we spent an afternoon crafting reindeer out of birch tree branches.

I quickly realized that my project was about not only rekindling connections

but also forging new ones. My client Bernie and I had always been friendly, but after meeting over coffee, I now know the sound of her contagious laugh, the kind you show with your whole body. In one 90-minute date, we learned more about each other than we did in four years of emails.

I've confirmed another dozen adventures to take place over the next few months. My cousins proposed a weekend in Vermont, where, as children, we spent many deliriously happy summers. We'll revisit old haunts and finish with a hotair balloon ride over the lake where we learned to water-ski. Nancy, a high school friend in Calgary, plans to meet me in New York City. And Beth, my first best friend from Grade 1, offered her Brooklyn, N.Y., home for my son's 10th-birthday trip.

Back in Marijke's sewing room, I'm stunned at how lovely my quilt is already. She suggests adding a border of squares, one for each friend to sign and date. The commemorative blocks I've designed so far—a replica of Bernie's glasses, a hot-air balloon, a reindeer on skis—remind me of how fortunate I am. Whether I make it through the entire Top 50 list or not, I feel a renewed sense of gratitude for my friendships.

Rules of Reconnection

Based on Wendy's experience, here's what you might expect as part of your own personal friendship project.

People don't change.

If you were always the one to make plans when you saw each other regularly, don't expect your friend to come up with ideas now.

People do change.

Though you and a childhood pal were once able to gab for hours, you may no longer have anything in common.

You've changed.

If the vibes between you and an old friend seem strained, sometimes it's not them—it's you. Less leisure time affords little patience for wafflers (friends who have arrived late or cancelled more than once). Prioritizing a friendship is a two-way street; otherwise, you're just talking to yourself.

Nothing changes.

You can go five years without seeing someone and then pick up right where you left off. It's quite amazing, actually!

Three Ways Friends Are Great for Your Mental Health

Personal relationships have a positive effect on our well-being and offer great rewards, says psychotherapist Sandra Reich. One-on-one connections can:

Boost happiness and relieve stress by allowing you to express emotion "When you get together with people you enjoy spending time with, emotions get released through laughing or crying, and there's this incredible stress release for your body."

Encourage you to recognize your strengths and accept your weaknesses "When we honestly share our experiences and challenges, most times a friend will say, 'Me, too!' That reduces shame and guilt. When facing a friend, you get another perspective on your life."

Help you deal with trauma and give you strength to bounce back "Being with people we care about is a sort of litmus test. Are we loved? Are we able to express love? Do we have people to turn to in times of trouble? Face-to-face relationships remind you that people care."





Brothers L Sisters

Relationships with our siblings are likely the longest connections we'll experience. Wouldn't it be nice if they were positive ones? Read on for strategies on how to forge a closer bond with your kin. BY KATE RAE

our sister never apologized for trashing your bike when you were kids, and your brother still has the ability to make you feel like a screwup. No matter how old we are or what we've achieved, sibling relationships can feel unchanged from childhood. If you'd like to build a better rapport with your brother or sister, you can. These ideas can get you started (just pick the ones that feel right to you).

Share a goal or a common interest

Commit to a joint venture that you know you both will enjoy, such as signing up for an art-gallery membership or a 5K charity walk. "It allows you to spend time together with little potential for emotional reactions or triggers, compared to a family holiday dinner, for example," says Jackie Bush, a Victoria researcher

and clinician who studies the dynamics of sibling relationships.

Dig through photo albums

As long as your childhood wasn't deeply traumatic and the images aren't associated with difficult emotions, old photos are a great conversation starter. Scan old pics of happy memories and email them to a sibling or post them on Facebook. Reminiscing about bad haircuts and flared corduroys can give you something to talk about, even if you feel you have little in common.

Embrace texting

This is a casual way to stay in contact without investing the time required for lengthy phone calls or emails. It can be as simple as texting that you enjoyed the restaurant your stepbrother recommended •

Scuttling Strife

Brother-sister relationships can be emotionally charged. Keep sibling squabbles to a minimum with these helpful techniques.

Understand your triggers

Parenting styles. Politics. Religion. These hot-button topics can trigger emotional responses. If they bring out the worst in your relationship, agree to declare them off-limits. One of the most common factors that can cause ongoing stress is long-standing resentment around perceived parental favouritism, says clinician Jackie Bush. "Recognizing that it isn't your sibling's fault might be helpful," she says. "That can be difficult to do, but it might help decrease tension."

Recognize your patterns

Feeling criticized or jealous may be preventing you from forming a closer bond. "Take a step back and look at how the two of you interact and where you go wrong," says psychologist Dr. Sue Johnson. "That way, when the negative dance starts you can say, 'Hey, we're doing that thing again.'" Try to understand who you both are as adults and let go of old dynamics and notions.

BUILD STRONG BONES.

Naturally!



Weak and brittle bones not only lead to painful joints, but painful bone fractures.

New Jamieson BodyGUARD™ Bone Builder is a unique and natural formula that helps to build and maintain strong bones by actually stimulating bone formation!†

With just one pill a day, this calcium-free supplement will help safeguard your bones and joints from the wear and tear of life, and help you be a better you!



Don't just mask your joint and bone issues, get to the source of the problem naturally with Jamieson BodyGUARD™ Learn more about our entire BodyGUARD™ family at:

jamiesonvitamins.com

NPN 80052169

CALCIUM FREE!

or checking in when you know your sister's mother-in-law has had surgery.

Pull together for parents

Even if you're estranged from a sibling, your paths may intersect when your mother or father requires more care. Bush recommends discussing how you will divvy up responsibilities, taking each sibling's strengths and preexisting commitments into account. "Maybe you're going to be in charge of your mother's emotional well-being," says Bush, "while your sister does the legwork in finding care and services for her." As stressful and difficult as caring for an ailing or elderly parent can be, sharing the experience with a sibling can bring you closer together. "It can be a time in which siblings realize that once their parents are no longer living, they will be the only source of family history."

Work with your sibling's communication style

You may enjoy weekly dinners with everyone gathered around the table,

while your brother is just fine with seeing the family once a year at Thanksgiving. Whether it's due to distance, time constraints or mood, your sibling might want a different level of connection—and that's OK, says Dr. Sue Johnson, Ottawa psychologist and author of *Love Sense: The Revolutionary New Science of Romantic Relationships* (Little, Brown and Company, 2013). "No one is wrong or bad," she says. "Being able to talk about how you're going to take care of your bond when you don't see each other in person can be incredibly positive."

Celebrate and commiserate

Big life changes—the birth of a child or the death of a spouse—are important to acknowledge in a sibling relationship, but smaller events shouldn't be ignored either. If it has been a long time since you've spoken to your sister and you've heard that she has received a well-deserved promotion or that she's going through a difficult separation, send her a note or flowers to let her know you are thinking about her. "Just be a good friend," says Bush.

Better With Age

Just like a good bottle of Bordeaux, sibling relations can get better over time.

"I loathed my brother so much growing up that I practically convinced myself I was an only child. Then, time marched on. I had a kid. He had a kid and a wife whom I liked 10 times more than him. So, when we had the chance to co-own a vacation home on a lake we both loved, we dove in." — *Lianne*, 42, Vancouver

"When we were growing up, I was an idolizing pest. Then, in my late teens, I realized that she wasn't the ultimate being I was supposed to be like. We started hanging out, and now that we're both burned-out moms, we're incredibly close." — Isis, 36, Toronto

"Our mother suffered from depression, so, in our teens, I felt I had to be my sister's mom. There was some resentment. We became friends when I loosened up and she matured. Now, we hang out all the time." — Ann. 39, Toronto



COMMON **CENTS**

PART 4: THE TAX SEASON

Tax season is upon us – the perfect time to reflect back and plan ahead to improve your bottom line. We spoke to TV personality, author and money mentor Gail Vaz-Oxlade for her words of advice on paying less and saving more this time of year.



WAYS TO SAVE AT TAX TIME

When filing your taxes, take full advantage of your deductions. And remember: no matter how much you earn, always file a return. Those with lower incomes may be eligible for credits, like the HST tax credit. Another great way to save at tax time is claiming medical expenses whenever possible. For an extensive list of eligible expenses, visit the Canada Revenue Agency's website. Don't forget that maximizing tax deductions is only part of the equation - reducing your costs throughout the year is also a significant way to save your money. Start with being a smart shopper, picking up quality products that offer true value, like Dawn or Puffs Basic.

MORE FOR YOUR

BE FOCUSED: Take time to find out about ways you can save on taxes, so you can stop paying too much and start saving more.

TIP

TAKE CARE: Whether you're working on your tax return or shopping for groceries, do the math. Be sure you consider all ways you can save on your taxes and your household budget, being careful that you buy quality products that that serve you well with the value you require.

MONEY CHALLENGE:







3rd most common chronic illness

Toronto has children as young as five years old being admitted to the Eating Disorder Program at Sick Kids Hospital. 27% of Ontario girls 12-18 years old are reported to be engaged in dangerous food and weight disorders. The third most common chronic illness among adolescent girls is anorexia and bulimia.

disorders

your 1st defence in oral health



www.cdho.org

The Annual Annual Canadian Living SEX SURVEY

We surveyed nearly 6,000 Canadians from across the country to find out if and how they use technology to enhance their sex lives. Visit **canadianliving.com/sexsurvey** for the full results!

BY SIMONE CASTELLO

HAVE YOU EVER SEXTED?

Even more interesting:

27% have received unwanted sexy messages from someone via technology, and 16% have used email to engage in sexual conversations, instead of sending texts on mobile devices.

5% have sent sexy videos to their partner

15% have recorded a sexual encounter with their partner

14% have had cybersex with their partner

have sexted their partner

43%

While in a relationship

28% have had phone sex with their partner

30% have sent sexy photos to their partner



ON PORNOGRAPHY (Yes, we went there!)

Of those who took our survey, 49% admit to watching pornography on their own, but 61% say they enjoy watching it with their partner. Surprisingly, only 27% said they'd be upset if they caught their significant other watching pornography. (We Canadians are a forgiving bunch!)

HOW DO YOU REPRESENT YOURSELF ONLINE?

Have you ever altered photos you've shared of yourself online?

65% said **NO** (Maybe we should have been clear—filters count!)

Have you ever used a photo of someone else online and claimed it was you?

2% said YES

Have you ever pretended to be someone else online in order to find a relationship?

2% said **YES**





FOR THE FULL SEX SURVEY RESULTS, VISIT canadianliving.com/sexsurvey.

is in the air PRESENTING SPONSOR



Brett Walther

BURT'S BEES

You are invited to join Canadian Living's Home & Garden director

BRETT WALTHER

for a spring floral celebration!

- · Learn how to make your own floral arrangements
- Check out the very latest floral-inspired decor
- Get insider tips on selecting the best spring blossoms
- Plus! Brett will share behind-the-scenes photos from the Chelsea Flower Show, the world's most prestigious horticultural event

Burt's Bees Beauty Bar & Canadian Living Flower Market! Take home a beautiful bouquet of flowers and a gift bag worth

Tuesday, May 5, 2015 6:30 to 8:30 p.m.

Toronto Botanical Garden—Floral Hall

777 Lawrence Ave. E., Toronto

Tickets: \$48

Space is limited. To purchase tickets, visit canadianliving.com/vip

VENUE SPONSOR



EVENT PARTNERS





OTOGRAPHY, BRYAN ADAMS

"My heart is at home"

Canadian singer Diana Krall talks about her family, her latest work and why she loves coming back to Vancouver Island.

BY SANDRA E. MARTIN

EING AT HOME makes Diana Krall want to cook. We should specify: not at her place in New York, which she shares with fellow musician Elvis Costello, her husband of 12 years, and their eight-year-old twin boys. (Hey, no one really cooks in Manhattan!) It's when she gets to her cabin on Vancouver Island that she's moved by the desire to shop for crab and spot prawns, taking them back to her kitchen and transforming them into a feast for her loves.

"That's my joy," says the native of Nanaimo, B.C., who became famous while winning over both jazz fans and people who didn't think they liked jazz with her luminous voice and piano playing. (Of the 14 albums she's recorded since 1993, seven have gone multiplatinum.) "I travel the world, and I still don't know a place that's more beautiful than my cabin. I cook there unlike anywhere else!" Shopping for just the right ingredients is part of her ritual; Diana likes Liberty Wine Merchants on Granville Island in Vancouver (libertywinemerchants.com) and Sebastian & Co. Fine Meats in West Vancouver (sebastianandco.ca).

And though they were born in New York, Diana's children have Canadian citizenship, and they love the Island, too. "They know it's where we are free," she observes. Which is not to say that they're completely immune to the normal 21st-century tween distractions, like technology. "One of my sons came home and said, 'Text to self.' I was really annoyed," Diana recalls. She told him, "You're eight—you don't text!" You can practically hear her eyes roll on the other end of the phone line.

Diana has spent the day talking to journalists, both face-to-face and virtually, in support of her latest album, which longtime fans might find a bit of a departure. *Wallflower* is Diana's reinterpretation of 12 monster pop hits from the '70s, '80s and '90s, including "Sorry Seems to Be the Hardest Word" by Elton John, who officiated her wedding.



Canadian collaboration

Diana duets with Bryan Adams on her new album—
and he took this photo for the back cover.

While Diana says, yes, her husband is a creative inspiration to her as an artist, the decision to make a pop album stemmed from having "the right producer" on the job. She's talking about David Foster, known as the Hit Man for the hugely successful work he's done with pop artists including Celine Dion and Seal.

Wanting to "stay close to what was originally recorded," Diana watched and listened to earlier performances of songs on her shortlist. "I like YouTube because I can watch Linda Ronstadt sing 'Desperado.' It's a good creative tool for me."

Of course, with a new album comes a new tour. Diana will be on the road again performing songs from *Wallflower* in the United States, Europe and, yes, Canada (she plays cities from Vancouver to Montreal this spring; visit dianakrall.com for more details).

"I struggle with the lack of time I have at home," she says, "but I do feel that my heart is definitely at home. I am *so* Canadian. Every time I leave, I cry—but that's a good feeling, because you always come back to the places you love."

DIANA TOLD US SHE'S A FAN OF OUR RECIPES!

WE HOPE SHE—AND YOU—WILL TRY THIS YUMMY
SEAFOOD DISH: canadianliving.com/dianacooks.

26 essential vitamins & minerals. 1 delicious taste guarantee.

BOOST® Meal Replacement offers complete nutrition in four rich & creamy flavours.



And if you don't love it, you don't pay for it.

Stay strong, stay active with BOOST." boostnutrition.ca













Camera-Ready

t might come as a surprise that taking professional-quality photos is a prerequisite to launching into space, but before Chris Hadfield set forth on his mission to the International Space Station, camera skills were a big part of his training. Over more than two decades as an astronaut, Hadfield spent countless hours learning on cameras from a 35 mm to an Imax. "Being in space is a rare experience, so they want us to record and share it as best we can," says Hadfield, whose photos are showcased in his book You Are Here (Random House, 2014). "The beauty of a picture is you can subconsciously share an emotion." But even in the age of Instagram, not all of us know how to capture photos well. He explains how to take inspired pictures. — Jill Buchner

CATCH THE LIGHT JUST RIGHT

"When I'm getting ready to take a picture, the first thing I think about is light," says Hadfield. As the Earth moves around the sun, light plays with our environment in different ways, and Hadfield looks for those areas or objects that are brilliantly lit or cast with interesting shadows. Light can highlight texture and detail or create sparkle, which can draw someone into a picture.



PHOTO YOU WANT

When the light is perfect, it's time to compose your photo

in a way that makes your subject most compelling. While square-on facial shots can fall flat or appear confrontational, different angles or small actions can guide the eye in a fresh way. For example, when a subject is looking away, the viewer will naturally follow the person's gaze. Placing your subject at 2 o'clock or 7 o'clock is another way to encourage movement through a picture, so viewers don't zero in on the centre. "If you take a picture properly, your eye looks around inside the image," says Hadfield. But beware of things that catch the eye unintentionally. "A distraction in the picture

is just like hearing a loud noise; it will draw you away from what you're trying to pay attention to."

WORK WITH WHAT'S FAMILIAR

Having trouble with composition? Look for a shape you already know. Hadfield's book is full of perspective-changing comparisons between clouds and popcorn, shorelines and X-rays, and craters and Cheerios. We all have the natural inclination to see the familiar in the unknown world around us, says Hadfield, using Joni Mitchell's "ice cream castles in the air" lyric as proof. "Your eye looks for

the familiar," he says, noting that a face is perhaps the most important shape of all. "We see the eyes as the windows to the soul. The little changes and subtlety of expressions on our faces show us a lot, so we want to see faces in everything." These natural formations are pleasing to the eye, so when you see them in nature, take a picture! "If what you're seeing causes some sort of emotional reaction, whether it's laughter or sadness or whatever, it's probably going to be contagious."

Make a conscious decision about what part of the image you want in focus and how soft you want the

GET IN FOCUS

rest of the image. "Your focus is not just about a lens but also about a statement on the picture," says Hadfield. When you're ready to take the photo, he recommends imagining you're a sniper. You need just a light touch on the trigger to take a photo without jarring the camera or phone.

CLICK, AND **CLICK AGAIN**

"Don't think every picture is going to be good," says Hadfield. "You're going to throw away most of your pictures, but some will be worth keeping." That's why it's important to take every photo multiple times. Each time, do something different: Turn the flash on, turn the flash off, focus beyond the subject, focus short of the subject, change the lighting, change your vantage point. "One picture will be the best one. but quantifying that best-ness is hard to do theoretically." In other words: You'll know it when you see it.

WANT TO TAKE SMARTER PHOTOS ON YOUR **SMARTPHONE? LEARN HOW** AT canadianliving.com/ smartphonephotos.





LANDSCAPING HACKS | BALCONY GARDENING | DOUBLE DECK MAKEOVER



MAY 2015 | CANADIANLIVING.COM



PLANT SENSIBLE SUCCULENTS Perhaps it's Pinterest's endless galleries of petite planter arrangements or the popularity of xeriscaping (growing drought-tolerant plants), but, suddenly, small succulents seem to be everywhere. It's good news for gardeners because it means greater selection at the nursery, but it's even better news for those who doubt their green thumb, as these tenacious plants are wonderfully low maintenance. O'Connell's garden boasts a few of her favourite succulent varieties: 'Dragon's Blood' stonecrop, with its burgundy leaves and red flowers; and creeping sedums, which make

great ground cover.

URB APPEAL LIKE LESLIE

O'Connell's doesn't happen overnight. In fact, the lush landscape she and her husband cultivated from a steep slope in the West Vancouver community of Horseshoe Bay is a labour of love that's spanned nearly 20 years. "It's a hobby—probably too much of a hobby," laughs O'Connell, whose green thumb is only hinted at from the street.

Beyond the stately vaulted arbour lies a garden that reveals treasures at every turn: a wee sculpture nestled in the rocks; a tiny pot bearing a rare flowering succulent; or gnarled driftwood that O'Connell collected on her frequent walks along the nearby beach. On the tiered slope at the rear of the property, and even on the roof of the home's new garage, these surprises come to light in a series of cleverly defined "rooms."

Though it all looks painstakingly precise, O'Connell's easygoing approach to her pretty plot yields ample inspiration for your own outdoor space.



CANVAS"
YOUR HOME YOUR CANVAS.

The 2015 Patio Collection.

Versatile, stylish furniture and accessories so you can create your own perfect backyard.





TD Insurance



TD Insurance knows you don't want drama – you want insurance that fits.

TD Insurance Advisors aren't on commission. They can help you get home insurance that fits your needs. Talk to one today or go online to get a quote.

Get a quote at tdinsurance.com/fits or call 1-877-889-1396





TAKE COLOUR CUES FROM YOUR PLANTS

It used to be a nondescript black, but the gate at the property line now makes a dramatic statement in a chartreuse hue inspired by the highlights in O'Connell's foliage. Rather than disappearing into the background, the gate now serves as a high-impact focal point—and sneakily suggests that the garden continues beyond.





CAN YOU SPOT THE DIFFERENCE?





her garden with Moisture Control® Potting Mix and later, fed her plants with one shake of Shake 'n Feed®. It's all you need to grow up to 2x the flowers and vegetables*.

Get more out of your garden.

MiracleGro.ca



Potting





containers must fulfil their destiny of displaying plants. This one's fate was sealed when O'Connell found herself in need of an outdoor table in a pinch. She filled the lightweight urn with sand for stability, tossed in beach glass and a few seashells as decorative flourishes and topped it with an inexpensive slice of custom-cut clear glass.

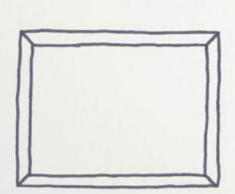


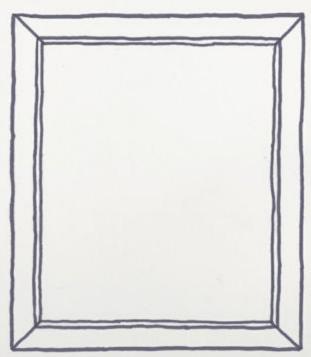












ROOM CHANGERS

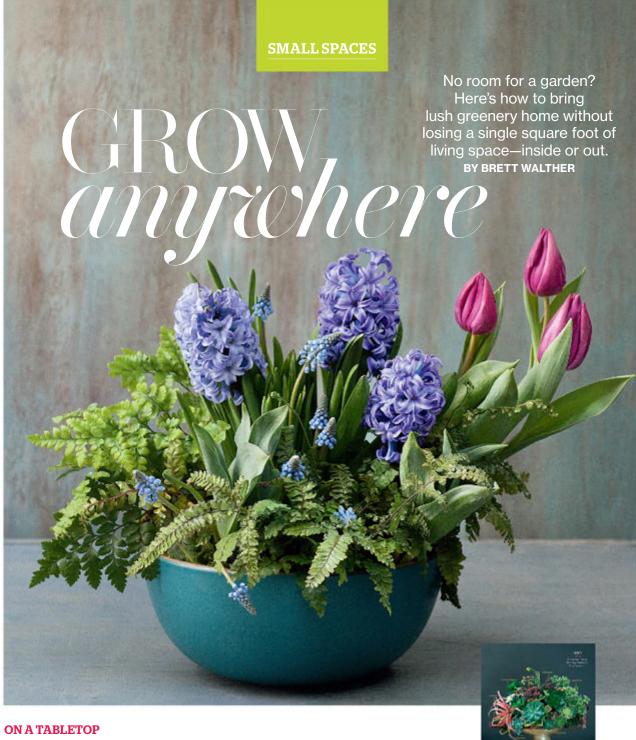
Endless possibilities, perfectly priced.











If a full-size pot is out of the question, press a mixing bowl into service as a makeshift planter. As the container for a living centrepiece arrangement, it's perfectly scaled for the tabletop and a longer-lasting alternative to a vase with cut flowers.

What you'll need

- Seven 4-inch hyacinths: three Hyacinthus orientalis and four grape hyacinths (Muscari)
- Two 4-inch tulips (Tulipa)
- Two 4-inch rosy maidenhair ferns (Adiantum hispidulum)
- One 6-inch fern (Polystichum is easy to find)
- Ceramic bowl, 8 inches in diameter
- Five cups of potting mix

How to do it

- Add enough potting mix to the bowl to allow for the plants' crowns to sit level with the rim of the bowl.
- · Unpot all the plants.
- Begin with the Hyacinthus orientalis
 in the centre. Mound the potting mix
 below them, if necessary, to give
 them more height. Plant the tulips to
 the right of the hyacinths so that they
 lean slightly over the edge of the
 bowl, creating a sense of movement.

Living centrepiece arrangement excerpted from *The Plant Recipe Book* (Artisan Books) by Baylor Chapman. Copyright © 2014. Photography by Paige Green.

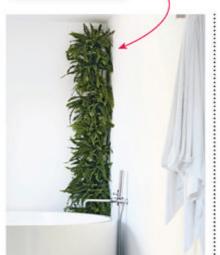
- Plant the ferns and grape hyacinth in the front and left of the bowl, filling in the spaces. This will add fluff and texture.
- · Water evenly until moist.
- After the blooms fade, repot and keep the ferns.

MAY 2015 | CANADIANLIVING.COM



"Take these corner planters onto the patio. They're great for growing colourful annuals such as petunias, nasturtium and coleus, as well as fresh herbs and lettuce!"

- BRETT WALTHER, HOME & GARDEN DIRECTOR



IN A CORNER

Convention dictates that hanging baskets are for ferns, but these modular wall-mounted planters are reason enough to break the rules. The stackable column of containers—customizable to any height—is a striking way to bring life to a dead corner. Minigarden corner set (column of three stackable planters), \$35, minigardening.com.



FROM THE CEILING

Free up precious floor space with this mod mobile, which transforms any six-inch-diameter pot into a hanging basket. *Hanging wire pot bracket*, \$29, westelm.com.



Sometimes, there's nowhere to go but up! Tap the growing potential of your walls with these innovative vertical planters.



• Are you tired of fussing with plant markers? A chalkboard frame makes it easy to keep tabs on what's about to sprout. Chalkboard wall planter, \$227, williams-sonoma.com.



Rearrange these basketlike planters on a whim. They're attached to the modular panels with powerful magnets. Urbio Big Happy Family Kit, \$175, eq3.com.



• Go ahead and enjoy that extended vacation. With its built-in reservoir, this self-watering planter can look after itself. Minigarden small basic with pots, \$30, minigardening.com.



INSIDE A TABLE

A chic hybrid of accent table and terrarium, this double-duty piece certainly earns its footprint. Object Interface Everything table, \$799, oniprojects.com.



ALONG A ROOM DIVIDER

When it comes to carving an openconcept space into separate zones, a folding screen is an old decorating standby. What makes this room divider revolutionary is its capacity: 13 built-in brackets to hold a baker's dozen of your go-to blooms. Socker indoor/outdoor plant stand, \$50, ikea.ca.

TURN A HUMBLE WOODEN
PALLET INTO A HANDSOME
VERTICAL PLANTER WITH OUR
STEP-BY-STEP INSTRUCTIONS AT
canadianliving.com/planter.



Take the guesswork out before they get in with Delta® Temp₂O Shower Technology. The water-powered LED display changes color based on your water temperature so you can be confident knowing your family will get the right, safe temperature every time. To learn more, visit deltafaucet.ca/temp2o.





THE ROAD FOR GRIME.

HIS MAGIC ERASER SCRUBS AWAY THE TOUGHEST GRIME WITH EASE.











Wet before use. Not recommended for vehicle body, high gloss or upholstered surfaces. Use as directed.





Designer Karl Lohnes took on not one but two drastically different outdoor makeovers at his Toronto townhouse. His budget-savvy strategies to reclaim these run-down decks serve as the ultimate cheat sheet for perking up your own porch, patio or balcony.

BY BRETT WALTHER DESIGN BY KARL LOHNES PHOTOGRAPHY BY ANGUS FERGUSSON

TALE OF TACKET OF THE SECOND O



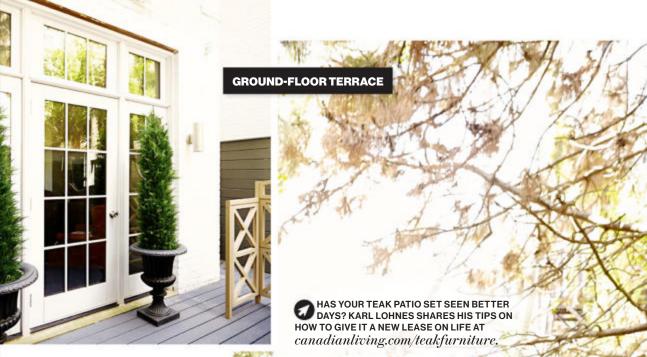
IT'S A LUXURY TO HAVE one decent-size deck in downtown Toronto, let alone two. Yet, neither the ground-floor terrace nor the third-floor patio at designer Karl Lohnes' Victorian townhouse was living up to its potential as a relaxing urban oasis. "Both of the decks were at least 40 years old," says Lohnes, explaining that time had taken its toll on each space in different—but equally challenging—ways. Exposed to full sun throughout the year, the unsheltered third-floor patio was bone-dry—"like driftwood on a hot beach," says Lohnes. The north-facing lower terrace, on the other hand, was cast in permanent shadow under

THIRD-FLOOR PATIO

the property's old-growth pine trees and covered in moss.

The opposing nature of these design dilemmas called for two distinct strategies. The upper patio, which would have been difficult to renovate due to its height, was salvaged with a weekend's worth of sweat equity, while the rotting timbers of the lower terrace were torn out and replaced with professionally installed composite decking.

This high/low approach balanced Lohnes' budget and delivered two purpose-built spaces: one designed for effortless summer entertaining, and another that's ideally suited for elegant, intimate dinners, served hot off the grill.



MADE IN THE SHADE

The damp, shady conditions of the ground-floor terrace are a recipe for rot, so a total gut job of the decades-old wooden patio was Lohnes' only option. Instead of replacing the torn-out decking with more wood, which would ultimately meet the same fate, Lohnes opted for Trex, a durable composite decking material. "It won't fade, warp or crack, and it's very easy to hose clean. It's the perfect solution," he says. Deck design and installation, mecontracting.ca. Trex decking in Enhanced Clam and Select Winchester Grey, homedepot.ca.

LATERAL THINKING

..........

Though composite fences are normally installed in a row of vertical planks, Lohnes turned convention on its side. Horizontal planks not only give the terrace a slightly modern edge but also create the illusion of a longer deck.

COLOUR PLAY Your eyes aren't playing tricks on you; the planks on the terrace floor are a slightly different shade of grey than those used on the fence. "That was done intentionally," says Lohnes. "The flooring has a slightly lighter blue hue to it. It reflects light from the sky and helps prevent the terrace from feeling like a pit."





The refined style of the terrace is in keeping with the ground floor's interior decor—a continuity that blurs the boundaries between indoors and out.



the terrace's bowling-alley layout, Lohnes installed a chic fretwork panel to one side of the stainless-steel barbecue. The barely there structure separates the space into distinct grilling and dining zones without compromising the open, airy feel. Garden screen, yardistrystructures.com. Grill, dcsappliances.com.

...... **WAITING GAME** The dramatic outdoor wing chairs would have cost a mint if Lohnes had bought them at the beginning of summer. Instead, he held out for Restoration Hardware's end-of-season online sale, snapping up the pair at a rock-bottom price in September. "I had to keep them inside my house over the winter, but it was definitely worth it!" Teak outdoor chairs and cast-iron bistro table, rh.com.

E-TAIL THERAPY

Considering shopping for outdoor furniture online like Lohnes? He recommends sticking to websites with brick-and-mortar stores where you're already familiar with the merch. "I knew Restoration Hardware's quality going into the purchase, so I didn't feel funny buying these chairs without sitting in them beforehand," says Lohnes. "It's the same as when you buy clothes online; if you've already shopped in the store, you know how the sizing fits."

...........

EASY GREENS Highmaintenance planter pots aren't practical for someone who travels as much as Lohnes. Taking his busy lifestyle into consideration, he filled the terrace exclusively with artificial greenery: everlasting orchids, boxwood hedges and cedar shrubs. "The only upkeep they need is a good brushing, which I do whenever I sweep the deck. They seem to attract leaves and pine needles," he says. Faux boxwood and shrubs. silkplantscanada.com. Planter pots, andrewricharddesigns.com. Two-light Poseidon outdoor sconce, lowes.ca.

SEAMLESS TRANSITION

The refined style of the terrace is in keeping with the ground floor's interior decor-a continuity that blurs the boundaries between indoors and out. Even the silhouette of the living room's leather wing chair is repeated-in weatherresistant teak-on the patio. "I bought a Victorian townhouse, so I'm not going to move too far away from that esthetic," says Lohnes. "The cast-iron table, the sculptural chairs and the traditional light fixture are all over-the-top Victorian." Devonshire outdoor sconce, lowes.ca.



FRAME TO PLEASE Before staining began, Lohnes considered demolishing the deck's pergola, knowing it would require hours of tedious brushwork to rehabilitate. He's glad he decided against it. "It gives me the option to hang plants and lanterns, and it adds architectural interest to a space that's really just a basic box shape," he says. The welcome bit of shade provided by the wooden frame gets an added boost from the freestanding patio umbrella that's securely mounted in a weighted base.

MOOD LIGHTING Installing the all-season fireplace was as easy as plugging a cord into a conventional outdoor electrical socket. "I don't have a lot of lighting on the deck, so it's nice to have the faux fire going when I'm entertaining in the evening," says Lohnes. "It creates instant ambience." Even when it's not switched on, the fireplace serves an important role as the patio's focal point and anchors the arrangement of furniture. Outdoor fireplace, dimplex.com.

FULL-SUN FOLIAGE

Potted palms were a natural choice for the sun-soaked upper deck, and they were affordably priced at just \$30 a pop. "I buy two or three each spring, and they're good for the whole summer," says Lohnes.

.....

coat of armour Though the upper deck looked the worse for wear after baking under the sun of some 40 summers, Lohnes determined the boards were still structurally sound. After fixing a few loose planks, he treated the wood to two coats of TimberCare, an oil-based deck stain

designed to weather the elements. An opaque off-white finish, it evened the wood's mottled tone and helped turn back the clock in terms of texture. "You can run your hand over the old painted planks now and not worry about getting a splinter. It's almost like they're plastic-coated," says Lohnes. TimberCare Solid Deck Wood Stain in Concrete, para.com.

CHARACTER BUILDING

Quirky mix-and-match decorative hooks infuse the space with a sense of humour. From a regal stag's head to a nautical cleat, no two designs are the same.





We give Katerina a four-star rating for elegant outdoor entertaining. In fact, with its classic lattice design, lightweight aluminum frame and hand-brushed bronze-colored finish, it puts the luxe in luxury. Whether you're sharing a meal or sharing stories around the coffee table, this graceful collection brings paradise straight to your backyard.

We're going places. See the Katerina Collection in stores or in our Outdoor Living Book at pier1.ca/outdoorliving.

Pier1 imports

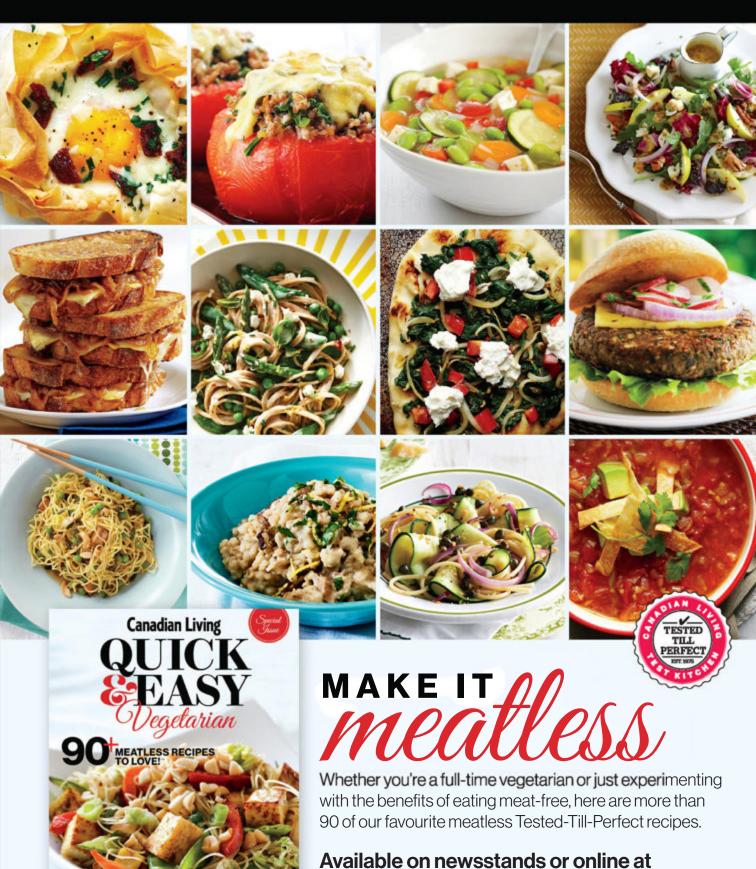


THE PAINTER'S MATE FOR QUALITY AND VALUE®

COLD CASES To save himself the hassle of racing up and down two flights of stairs whenever a guest's glass needs topping up, Lohnes invested in an outdoor refrigerator. An ice-filled cooler provides ample backup for chilled bevvies. *Refrigerator, silhouetteappliances.com. Cooler, costco.ca.*

TOUGH TEXTILES The outdoor furniture's striped upholstery drives home the deck's Cape Cod-inspired palette, but it was also chosen with durability in mind. "Using an outdoor fabric like Sunbrella is superimportant," says Lohnes, noting its resistance to fading, mould and mildew. "It really saves you on that day when you accidentally leave the cushions out in the rain!" Outdoor settee and armchair, and white planter, andrewricharddesigns.com.

INSTANT LAWN Lohnes doesn't need a mower to maintain this patch of grass-just a plastic rake or, if he really wants to get the neighbours talking, a wet/dry vacuum. "The artificial turf came in one big sheet, and I just rolled it out and pinned it down to the deck," says Lohnes. "Because it's got little drainage holes punched all over, rainwater filters right through." The price-\$350 for full coverage in the 15- by 12-foot space-was right, too. "Very costeffective considering the impact that it makes." Uz-ite grass shag carpet, homedepot.ca.



canadianliving.com/meatless

Simple, healthful weeknight meals your whole family will enjoy

Canadian Living

Five Minutes With

CAMERON MATHISON, ACTOR AND TV HOST

BORN IN SARNIA, ONT., and raised in Toronto, Cameron Mathison is perhaps best known for the 13 years he spent in Pine Valley, Pa., the fictional setting of daytime TV's still-lamented All My Children (the show was cancelled by ABC in 2011). Trading soap opera for sawdust, the hunky star returns to the small screen this spring for W Network's Game of Homes, a Vancouver-based reality show that pits amateur renovators against each other in a race to save run-down properties. "I play host-slash-couples therapist," says the civil engineering grad, who took time between takes to talk real-life renos and relationships. — Brett Walther

On a scale of one to 10, how handy are you? If "10" is, like, I'm going to build you a house from scratch, then I'm probably a 6.5 or a seven. My wife and I are redoing our house in Pasadena room by room, and I'm about to transform the detached garage into a full playroom, family room and arts-and-crafts area.

What guides your approach to room renos? I think it's important that your own style doesn't fight the bones of a space. Our house is a 1928 Spanish



revival, and it was done so cohesively in that style that it felt a little too Gothic for us when we moved in. To brighten it up, we added a bit of a modern Moroccan flair; it still works with the traditional architecture but is truer to our own sense of style, which typically has a more contemporary edge.

As the host of Game of Homes, what advice would you give couples embarking on a major home makeover? My advice would be to learn to compromise—something that's important in every aspect of a relationship, but especially when you're living through home renovations. Being able to roll with the punches comes in handy when the city won't issue you the permits you need, and when your partner's not on board with the picture of that dream kitchen you've got in your head. Communicating—and expressing yourself without blaming—is key. Blaming is toxic!

ONLINE EXCLUSIVE BEST IN SHOW

Green thumbs from all over the globe have looked to London's RHS **Chelsea Flower Show** for gardening inspiration since 1913. Although we were 100 years late to the party, Canadian Living graciously accepted an invitation from Collette Tours (gocollette.com) to the legendary event last May and found it well worth the wait. Home & Garden director Brett Walther takes you behind the scenes of the world's most prestigious garden party, from brilliant blossoms to celebrity sightings, at canadianliving.com/flowershow.





GAME-CHANGER CRAFTERNOON PICK-ME-UP

Sometimes, the most frustrating step in a list of DIY instructions is tracking down the materials. When prep time for crafting is at a premium, consider these prefab kits, which pack all the supplies you'll need for a project into one affordably priced box. Whether you're inspired to customize a cushion cover with a favourite catchphrase or turn a glass cylinder into a one-of-a-kind vase, these convenient kits will feed your creative needs—with a minimum of fuss. DIY pillow-making kit, \$25, and vase-painting kit, \$20, indigo.ca.

ACCIDENTS EXERT

POLYSPORTA REJUGES THE LOCK OF SCARS AND PREVENTS INFECTION



COMPLETE

3 ANTIBIOTIES

+ PAIN RELIEF

WITANEN F ENFICHED

OINTMENT

Reduces the look of scars through moisturization. Also relieves pain. This product may or may not be right for you.

Always read and follow the label. © Johnson & Johnson Inc. 2015



PHILLY MAKES THE TART GROW FONDER

Proudly inspired by a recipe from MasterChef Canada.

Philly Phyllo Cheesecake Tarts

- 2 pkg. (250 g each)
 Philadelphia Brick Cream Cheese, softened
- 4 sheets frozen phyllo dough, thawed
- 2 Tbsp. butter, melted

- 1/4 cup sugar
- 2 cups **Cool Whip**Whipped Topping, thawed
- 1 cup canned cherry pie filling

HEAT oven to 350°F.

STACK phyllo sheets, brushing butter between each layer. Cut into 24 (3x3½-inch) rectangles. Press 1 rectangle into each of 24 muffin cups sprayed with cooking spray.

BAKE 8 to 10 min. or until golden brown. Cool.

BEAT cream cheese and sugar with mixer until blended. Stir in Cool Whip. Spoon evenly into phyllo cups; top with pie filling.

REFRIGERATE for 10 min.

SUNDAYS @IIV

MAKE AHEAD: the phyllo cups can be baked ahead of time. Store in airtight container at room temperature for up to 24 hours. Fill as directed just before serving.

VARIATION CITRUS: add the zest and juice of 1 lemon. Prepare cream cheese filling as directed, adding lemon juice with the sugar. Sprinkle tarts evenly with lemon zest before serving.

VARIATION MAPLE WALNUT: prepare cream cheese filling as directed, adding ¼ cup maple syrup with the sugar. Top each tart with ½ tsp. chopped toasted walnuts and a drizzle of maple syrup before serving.



Watch MasterChef Canada on CTV for more great inspiration.

ROOD





• Whisk the batter until smooth. Strain out any remaining lumps with a fine-mesh sieve.



Pour scant 1/3 cup batter into hot skillet. Tilt and swirl the skillet to spread the batter evenly.



Cook until the edge curls away from the side. Flip and cook until edge is light golden.



THE ULTIMATE CRÉPES

Hands-on time: 30 minutes Total time: 1½ hours Makes: about 8 crêpes

11/3 cups all-purpose flour

1/4 tsp salt4 eggs11/2 cups milk

1/4 cup butter, melted

In bowl, whisk flour with salt. In separate bowl, whisk together eggs, milk and half of the butter; pour over flour mixture and whisk until smooth. Strain through fine-mesh sieve. Cover and refrigerate for 1 hour. (Make-ahead: Refrigerate for up to 24 hours.)

Heat 10-inch (25 cm) nonstick skillet or crêpe pan over medium heat. Brush skillet with some of the remaining butter. Pour scant ½ cup batter into centre of skillet, tilting and swirling to coat bottom. Cook, flipping when edge

begins to curl away from skillet, until set and edge is light golden, about 90 seconds. Transfer to plate; cover to keep warm.

Repeat with remaining batter, brushing skillet with remaining butter between each crêpe. (Make-ahead: Layer between parchment paper and wrap in plastic wrap; refrigerate for up to 24 hours or freeze in airtight container for up to 1 month. Reheat in microwave or remove plastic wrap, cover in foil and heat in oven until warm.)

PER CRÊPE: about 146 cal, 6 g pro, 6 g total fat (3 g sat. fat), 16 g carb (1 g dietary fibre, 2 g sugar), 97 mg chol, 133 mg sodium, 103 mg potassium. % RDI: 6% calcium, 9% iron, 9% vit A, 19% folate.

CHANGE IT UP

THE ULTIMATE CHOCOLATE CRÊPES

Reduce flour to 1 cup. Add ¼ cup cocoa powder, sifted; and 3 tbsp granulated sugar to flour mixture. Continue with recipe.

Creative Crêpes

Wrap up or stack your crêpes with these flavourful filling suggestions.

Savoury:

- bacon + grilled chicken + avocado + tomato + lettuce + mayo
- steamed asparagus + Swiss cheese + béchamel sauce
- ham + sautéed mushrooms + Brie
- smoked salmon + crème fraîche + dill

Sweet:

- cherries + sweetened mascarpone + melted dark chocolate (Tip: Use The Ultimate Chocolate Crêpes)
- squeeze of lemon juice + sugar
- sautéed apple slices + maple syrup + whipped cream
- berry jam + ice cream + icing sugar

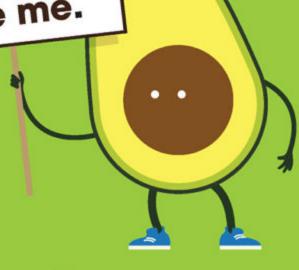


Learn how to make crêpes at canadianliving.com/crepes.

IT'S FIESTA TIME

DISCOVER
RECIPES AND
TIPS AND GET
A CHANCE
TO WIN
A BLENDER AT

Slice me. Blend me. Dice me.



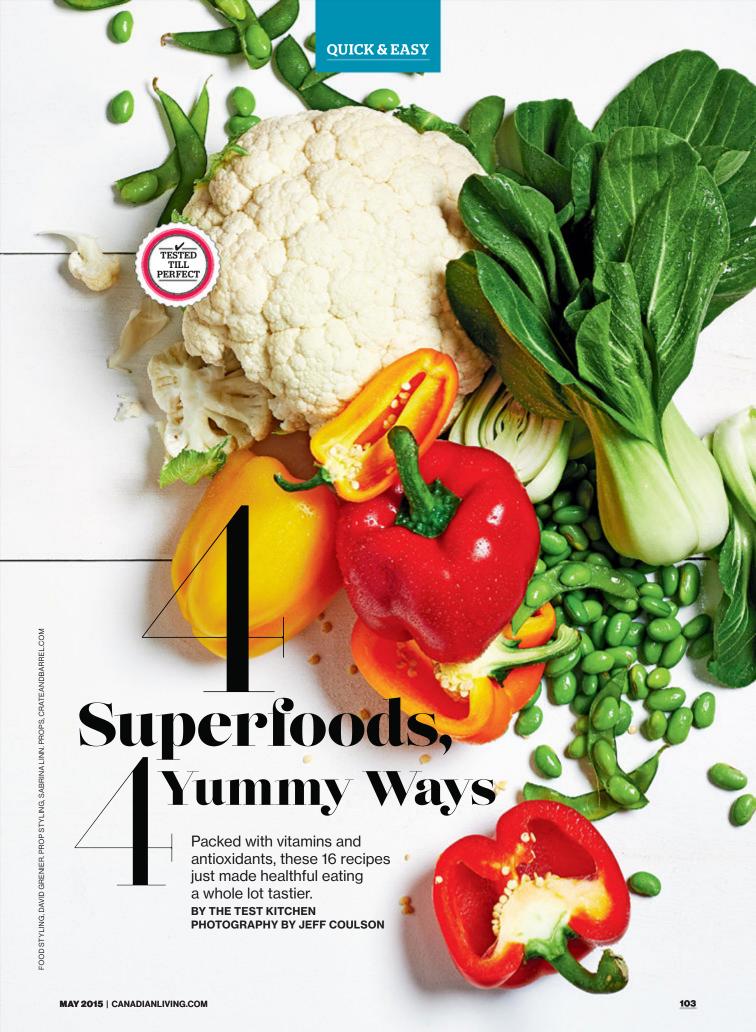
avocadosfrommexico.ca





Naturally Flavoured Club Soda with a HINT of Lemon and Lime. Refreshingly Unsweetened and Low Sodium. **Join the Club!**









quartered, until tender-crisp, about 2 minutes. Drain well and transfer to plate; top with mushroom sauce.

Makes 4 servings.

PER SERVING: about 67 cal, 4 g pro, 3 g total fat, 8 g carb (3 g dietary fibre).

BOK CHOY AND FENNEL SLAW

In large bowl, whisk together 3 tbsp lemon juice; 2 tbsp seasoned rice vinegar; 1 small clove garlic, minced; ¼ tsp each salt and pepper; and pinch hot pepper flakes (optional). Slowly whisk in ¼ cup extra-virgin olive oil. Add 4 heads Shanghai bok choy (about 350 g), thinly sliced; 1 bulb fennel, cored and thinly sliced; and 1 carrot, cut in matchsticks. Toss to combine. Cover and refrigerate for 4 hours. (Make-ahead: Refrigerate for up to 24 hours.)

Makes 6 to 8 servings.

PER EACH OF 8 SERVINGS: about 86 cal, 1g pro, 7 g total fat, 6 g carb (2 g dietary fibre).

SHRIMP AND BOK CHOY LETTUCE WRAPS

In bowl, whisk together 3 tbsp smooth natural peanut butter; 1 tbsp each lime juice, sodium-reduced soy sauce and liquid honey; 1 clove garlic, minced; pinch pepper; and 2 tbsp water. Halve and core 1 large head iceberg lettuce; gently separate 8 large leaves, trimming if necessary to make 5-inch (12 cm) lettuce cups. In large nonstick skillet, heat 1 tsp vegetable oil over mediumhigh heat; cook 225 g extra-jumbo shrimp (16 to 20 count), peeled and deveined, turning occasionally, until pink and opaque throughout. Remove to cutting board; halve lengthwise. In same skillet, heat 1 tsp vegetable oil over medium heat; cook 2 cloves garlic, minced; and 1 tsp minced fresh ginger, stirring, until fragrant, about 20 seconds. Stir in 2 large heads Shanghai bok choy (about 200 g), thinly sliced; 1 carrot, cut in matchsticks; and pinch each salt and pepper. Cook, stirring, until tendercrisp, about 2 minutes. Stir in 1 cup bean sprouts; 1 green onion, sliced; and shrimp. Spoon into lettuce cups. Drizzle with peanut sauce; sprinkle with ¼ cup chopped roasted unsalted peanuts. Makes 4 servings.

PER SERVING: about 230 cal, 16 g pro, 13 g total fat, 15 g carb (3 g dietary fibre).

lightly salted water, cook 4 large heads

Shanghai bok choy (about 500 g),



Here's more reason to love these colourful gems: They're packed with vitamins A and C, and have more cancer-fighting lycopene than practically any other vegetable.

MEDITERRANEAN BAKED PEPPERS

Halve and core 2 sweet peppers (red, orange and/or yellow); cut each half into thirds. In bowl, toss together peppers; 2 tsp olive oil; 1 small clove garlic, thinly sliced; ½ tsp dried oregano; ¼ tsp grated lemon zest; and pinch each salt and pepper. Arrange in 12-cup (3 L) baking dish; sprinkle with 1/3 cup crumbled or chopped feta cheese. Bake in 425°F (220°C) oven until peppers are tender, about 20 minutes. Sprinkle with 1 tbsp chopped fresh parsley and drizzle with 1 tsp lemon juice.

Makes 4 servings.

PER SERVING: about 71 cal, 3 g pro, 5 g total fat, 5 g carb (1 g dietary fibre).

ROASTED PEPPERS WITH EGGS

Leaving stems intact, halve and core 2 large sweet red peppers. Arrange, cut sides down, on foil-lined rimmed baking sheet. Bake in 425°F (220°C) oven just until beginning to soften, about 10 minutes. Turn red peppers cut sides up; sprinkle with heaping 1 tbsp shredded Havarti cheese and white parts of 2 green onions, sliced. Crack 1 egg into each red pepper half (using 4 eggs total). Sprinkle with pinch each salt and pepper. Bake in 425°F (220°C) oven until egg whites are just set vet volks are still runny, 8 to 10 minutes. Sprinkle with ¼ cup shredded Havarti cheese and green parts of 2 green onions, sliced. Broil until cheese is melted, about 1 minute.

Makes 4 servings.

PER SERVING: about 136 cal, 9 g pro, 9 g total fat, 6 g carb (1 g dietary fibre).

— Canadian Camembert. -

Brunch, with a side of pleasure.





How to make a Fruit & Nut -

Peanut Butter Snack Bite

and

both laugh so hard you forget why.
Then laugh about that too.





MIX

KRAFT PB, HONEY, OATS, PECANS & DRIED CRANBERRIES



ROLL



CHILL

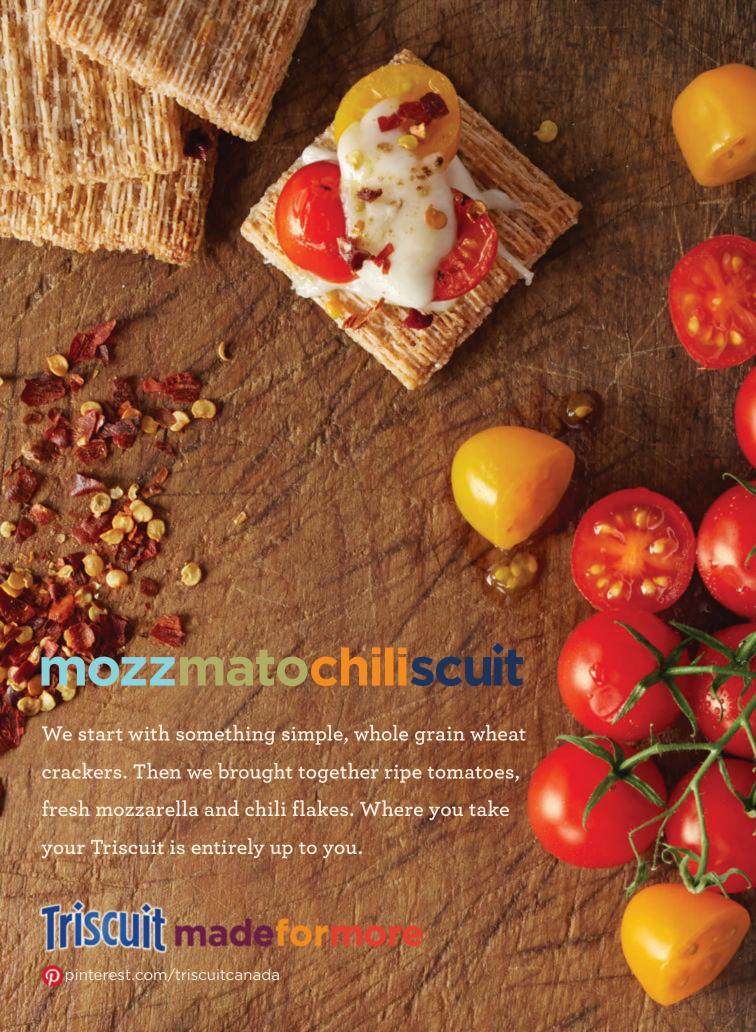
Make Together.



Stick Together.



PER TBSP: about 20 cal, 1g pro, 2g total fat, 1g carb (1g dietary fibre). \bullet





EDAMAME AND CORN BULGUR SALAD

Edamame and Corn Bulgur Salad

In saucepan, bring 1½ cups water to boil. Stir in ¾ cup whole grain bulgur; cover and simmer until tender and water is absorbed, about 15 minutes. Fluff with fork. Meanwhile, in saucepan of boiling salted water, cook 1 cup frozen shelled edamame for 1 minute; drain and let cool to room temperature. Brush 1 corncob, husked, with 1/4 tsp olive oil. Place on grill over medium-high heat; close lid and grill, turning often, until tender and grill-marked, 10 to 15 minutes. Let cool. Cut kernels from corncob. (Alternatively, use 1 cup frozen corn kernels, cooked and cooled.) In large bowl, whisk together 2 tbsp each extra-virgin olive oil and lime juice and ¼ tsp each salt and pepper. Add bulgur; edamame; corn; half an avocado, peeled, pitted and diced; ¼ cup diced red onion; and 1 tbsp chopped fresh cilantro. Toss to combine.

Makes 4 servings.

PER SERVING: about 280 cal, 9 g pro, 13 g total fat, 37 g carb (10 g dietary fibre).

EDAMAME PESTO

In saucepan of boiling water, cook 1 bag (500 g) frozen shelled edamame (about 3½ cups) until slightly tender, about 3 minutes; drain and let cool to room temperature. In food processor, pulse together edamame; 1 cup chopped fresh basil; 1 tsp grated lemon zest; 2 tbsp lemon juice; 1 small clove garlic, minced; ½ tsp salt; and ¼ tsp pepper until roughly chopped. Add ¼ cup each extra-virgin olive oil and water; pulse into thick, coarse paste.

Makes 3 cups.

PER TBSP: about 24 cal, 1g pro, 2 g total fat, 1g carb (1g dietary fibre).

.....

If you're thinking about lunch, it's time to rethink your breakfast.

DON'T GET CAUGHT HUNGRY. **GET SPECIAL K PROTEIN CEREAL** WITH 10G OF PROTEIN[†]. IT'S A FULL SERVING OF SATISFACTION. Protein

 \star © 2015, Trademark of Kellogg Company used under licence by Kellogg Canada Inc. † per serving



FIGHT OFF THAT

"I'll have one...okay, maybe two"

HUNGER



DON'T GET CAUGHT HUNGRY.
GET NEW SPECIAL K PROTEIN BARS* WITH 10G OF PROTEIN[†].
IT'S A FULL SERVING OF SATISFACTION.





Start your day with a glass of honest organic ingredients.



Introducing new great-tasting So Nice Organic Almond, Canada's only chilled organic fortified almond beverage. Low in calories, an excellent source of calcium and made from 100% organic non-GMO almonds, it's good for you and for the planet.

Discover the organic difference. sonice.ca



PER TBSP: about 67 cal, 4 g pro, 3 g total fat, 8 g carb (3 g dietary fibre).

Makes about 2 cups.

and rinsed; ½ cup light mayonnaise; ¼ cup each fat-free plain yogurt and warm water; 1 tsp grated lemon zest; 2 tbsp lemon juice; 1 clove garlic, minced; and ½ tsp each ground sumac, salt and pepper until smooth.

SPICED CAULIFLOWER AND LEEK PURÉE

Toss together 8 cups cauliflower florets (about 1 head); 1 tbsp olive oil; 1 tsp ground coriander; and ½ tsp ground cumin. Arrange in single layer on lightly greased rimmed baking sheet. Bake in 425°F (220°C) oven, turning once, until tender and light golden, about 25 minutes. Meanwhile, in nonstick skillet, melt 1 tbsp butter over medium heat; cook 2 tsp chopped fresh thyme, stirring, until fragrant, about 1 minute. Add 2 leeks (white and light green parts only), halved lengthwise and thinly sliced crosswise; and 2 cloves garlic, minced. Cook, stirring occasionally, for 5 minutes. Add 1/4 cup water; cook, stirring occasionally, until leeks are very tender, about 15 minutes. In food processor, purée together leek mixture, cauliflower, ¾ cup warm milk, 1 tbsp lemon juice, 1 tsp Dijon mustard and ¹/₄ tsp each salt and pepper until smooth. Scrape into serving bowl; sprinkle with 2 tsp chopped fresh chives. Makes 4 servings.

PER SERVING: about 157 cal, 6 g pro, 8 g total fat, 18 g carb (7 g dietary fibre).

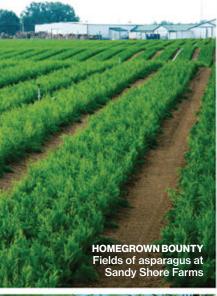
Spiced Cauliflower and leek Puree Learn how to cut cauliflower at canadianliving.com/ cauliflower.

So Nice to wake up to.



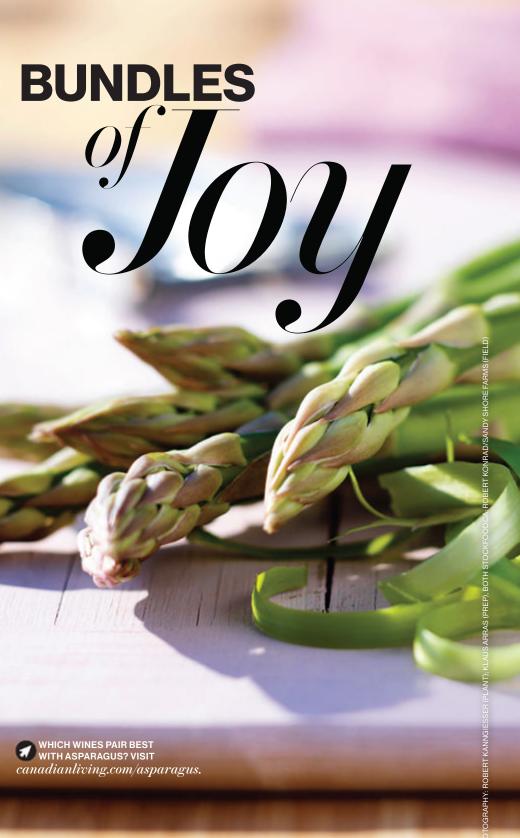
So Nice For Coffee is Canada's only non-dairy creamer made with 100% organic soybeans. And for something a little more indulgent, it's now available in French Vanilla.











The arrival of local Canadian asparagus is synonymous with spring—but that's not the only reason for excitement.

BY JENNY POTTER RECIPE BY RHEANNA KISH & THE TEST KITCHEN

hether it's your first or 50th year as a food lover, each spring, the arrival of Canadian asparagus is cause for celebration. Of course, you can buy bundles of the crunchy green stalks year-round, but nothing from across the border or abroad rivals the first taste of our homegrown harvest.

Why? Parts of Canada are blessed with sandy soil and moderate temperatures that are just right for growing asparagus. And because the stalks can go from ground to grocery stores within 24 hours, the flavour and freshness are unparalleled.

Ontario produces 70 percent of Canadian asparagus, most of it grown along the northern shore of Lake Erie. "Nothing tastes like fresh Ontario asparagus," says Ken Wall, a grower in Norfolk County, Ont., home to the largest concentration of asparagus farmers in Canada. "It's exciting to grow the first vegetable out of the gate in the spring."

Wall, who's the co-owner of Sandy Shore Farms, will soon see row upon row of spears shooting out of the ground of the farm's nearly 500 hectares. He runs the farm with the Konrad family; together, they've been growing asparagus for more than 50 years. During the lightning-fast

asparagus season (typically early May until end of June), the farm harvests 900 to 1,350 tonnes of the spring vegetable, which are then sold across the country and along the Eastern Seaboard.

Each spear is years in the making. Seeds germinate in a nursery for 12 months, and once the root system is established, the fledgling asparagus crowns are transplanted into mounds in the field. Finally, after three years of care and growth, the first crop of asparagus spears is ready for harvest. A single asparagus plant can go on to produce hundreds of spears, often for 15 to 20 years.

A combination of warm spring air and sun usually kick-starts the season. "When the spears come up, it is truly an amazing sight," says Wall. And once the spears begin to grow, they don't stop; it's not uncommon for farms to harvest five or six times a week. "Harvest is labour intensive," he continues. "A spear can grow six or seven inches in one day." Farm workers go through the rows of bright green shoots, cutting each one just beneath the soil. The spears are then transported to a sorting facility, where they're immediately washed, cooled, graded and bundled. Within a day, the delicious stalks can make their way to grocery stores, markets, restaurants and, ultimately, your kitchen table.

Good for you: ASPARAGUS IS PACKED WITH VITAMINS A, B₆, C AND THIAMINE. IT'S ALSO A GOOD SOURCE OF FOLATE AND CONTAINS THE ANTIOXIDANT RUTIN.

BUYING, STORING (5' COOKING ASPARAGUS

What to look for

Choose firm spears with tightly closed tips. The first spears of each year's harvest are often the most robust and intensely flavoured of the season.

Thick or thin?

Many people assume that thin spears are more tender. That's not always the case thick spears can be just as tender.

Storage and prep

Keep asparagus in the fridge with a damp paper towel wrapped around the ends to preserve moisture. Cook within two days to enjoy maximum freshness, first rinsing spears, then trimming or snapping off the woody ends.

How to cook it

Asparagus cooks very quickly and continues cooking after it comes off the heat. Ensure your cooked spears are tender-crisp, rather than limp, by removing them from the heat while they're still a bit firm.

STEAM in a double boiler for 3 to 5 minutes. **GRILL**, turning once, for

GRILL, turning once, to 5 to 8 minutes.

BOIL in a saucepan of salted water for 2 to 4 minutes.

ROAST on a baking sheet:
Drizzle with oil and sprinkle with lemon zest, salt and pepper, then roast in a 425°F (220°C) oven, tossing once, for about 12 minutes.

Or don't cook it!

Raw asparagus is great in salads—turn the page for our easy recipe.



ASPARAGUS SALAD WITH CANADIAN RICOTTA FRITTERS

Hands-on time: 40 minutes Total time: 40 minutes Makes: 8 servings

Pillowy fritters of delicate Ricotta top this spring-fresh asparagus salad. For easier peeling, choose wider stalks of asparagus. If you like, use a mixture of white, green and purple asparagus for a show-stopping burst of colour.

Canadian Ricotta Fritters:

1	tub (475 g) extra-smooth Canadian Ricotta cheese
4	000

egg

3 tbsp all-purpose flour

2 tbsp finely chopped fresh chives1 tbsp finely chopped fresh parsley

clove garlic, finely grated

or pressed

1tsp grated lemon zest

½ tsp salt

1/4 tsp each ground coriander and pepper

pinch nutmeg 1tbsp butter

1tbsp olive oil (approx)

Salad:

2 bunches asparagus (about 900 g), trimmed 3 tbsp extra-virgin olive oil 1/4 tsp grated lemon zest

1tbsp lemon juice

½ tsp Dijon mustard ¼ tsp salt

pinch each pepper and granulated sugar

1/3 cup walnut pieces, toasted 1/4 cup each chopped fresh chives and chopped fresh parsley

Canadian Ricotta Fritters: In bowl, stir together Ricotta, egg, flour, chives, parsley, garlic, lemon zest, salt, coriander, pepper and nutmeg. (*Make-ahead: Cover and refrigerate for up to 4 hours.*)

In large nonstick skillet, heat butter and oil over medium heat; working

in batches, drop Ricotta mixture into skillet, using 2 tbsp per fritter and shaping into ovals once they hit the skillet. Cook, turning carefully and adding more oil as needed, until golden and firm to the touch, about 8 minutes. Transfer to paper towel–lined plate to drain; keep warm.

Salad: While fritters are cooking, starting about 1½ inches (4 cm) from stem end, use vegetable peeler to shave asparagus lengthwise into thin ribbons. Chill in bowl of ice water for 15 minutes. Drain and gently pat dry.

While asparagus is chilling, in large bowl, whisk together oil, lemon zest, lemon juice, mustard, salt, pepper and sugar. Add asparagus, walnuts, chives and parsley; toss to combine. Top salad with fritters.

PER SERVING: about 234 cal, 10 g pro, 19 g total fat (8 g sat. fat), 8 g carb (2 g dietary fibre, 3 g sugar), 45 mg chol, 317 mg sodium, 239 mg potassium. % RDI: 11% calcium, 16% iron, 23% vit A, 15% vit C, 24% folate.

THIS RECIPE SERIES IS BROUGHT TO YOU IN PARTNERSHIP WITH





CANADIANLIVING.COM | MAY 2015

PHOTOGRAPHY, JIM NORTON. FOOD STYLING, CLAIRE STUBBS. PROP STYLING, LAURA BRANSON. PROPS, STILL-LIFEPROPS.COM

CELEBRATION.

The very best chocolate cookie!



New packaging Same great taste!







CINNAMON BUNS

Hands-on time: 30 minutes Total time: 3½ hours Makes: 16 buns

Enjoy these buns straight out of the oven for the ultimate comfort-food treat. Remove them from the baking dish while they're still hot, otherwise the sugar will cool and harden, making them difficult to release.

11/4 cups butter

1/4 cup granulated sugar

½ cup warm water (100°F/38°C) 1 pkg (8 g) active dry yeast

½ cup milk

1tsp salt

egg, lightly beaten

4 cups all-purpose flour (approx)

1½ cups packed brown sugar

2tsp cinnamon

Bring ½ cup of the butter to room temperature to soften; set aside.

In large bowl, dissolve 1 tsp of the granulated sugar in warm water. Sprinkle in yeast; let stand until frothy, about 10 minutes.

While yeast is dissolving, in small heavy-bottomed saucepan, heat milk over medium heat until bubbles form around edge. Remove from heat; stir in ¼ cup of the remaining butter, the remaining granulated sugar and salt until butter is melted. Let cool until lukewarm; stir into yeast mixture. Stir in egg. Add 2 cups of the flour; stir until smooth and elastic, about 2 minutes. Gradually stir in enough of the remaining flour to make soft dough.

Turn out onto lightly floured work surface; knead until smooth and springy,



This recipe first ran in our February 1981 issue. The original included raisins, but we love the simple blend of tender dough and gooey sauce in our modern version.

about 5 minutes. Transfer to greased bowl; turn dough to grease all over. Cover bowl with plastic wrap and let rise in warm draft-free place until doubled in size, about 1½ hours.

While dough is rising, melt remaining butter; pour into 13- x 9-inch (3 L) baking dish. Sprinkle with ½ cup of the brown sugar. Set aside.

On lightly floured work surface, roll out dough to 16- x 14-inch (40 x 35 cm) rectangle. Spread reserved softened butter over top of dough. Mix remaining brown sugar with cinnamon; sprinkle evenly over dough. Starting at 1 long side, tightly roll up; pinch seam to seal. Cut crosswise into 16 buns.

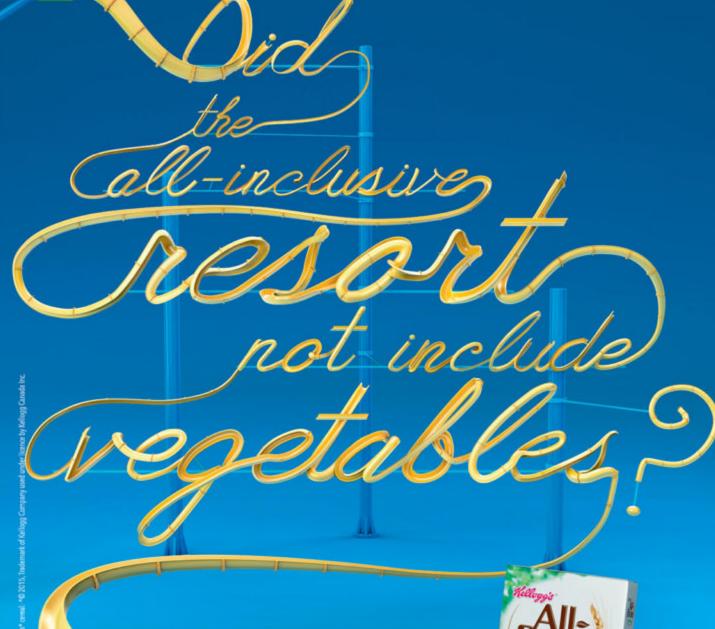
Arrange buns, cut sides up, in prepared baking dish. Cover dish with plastic wrap and let rise in warm draft-free place until doubled in size, about 1 hour. (Make-ahead: Cover and refrigerate for up to 12 hours. Let stand at room temperature for 1 hour before baking.)

Bake in 375°F (190°C) oven until golden and buns sound hollow when gently tapped, 25 to 30 minutes. Let stand in baking dish for 2 minutes; invert onto serving platter.

PER BUN: about 341 cal, 5 g pro, 16 g total fat (9 g sat. fat), 46 g carb (1 g dietary fibre, 24 g sugar), 50 mg chol, 259 mg sodium, 88 mg potassium. % RDI: 4% calcium, 14% iron, 14% vit A, 27% folate.

CHANGEITUP CHELSEA BUNS

Sprinkle ¾ cup chopped pecans into bottom of baking dish after butter and brown sugar are added. Sprinkle ¾ cup raisins over dough before rolling up. Continue with recipe.







Travel can throw your regular eating pattern off track. But you can rest easy knowing that just 1/3 of a cup[†] of All-Bran Buds' cereal each day can help keep things moving in natural rhythm[†]. So whether you've had a crazy day at the office or were out all night with the girls, All-Bran Buds' cereal can help you feel like your usual vibrant self. Learn more at All-Bran.ca

feel Bran new





We cut the rising time for our doughnut holes in half by using instant yeast. This type of yeast is ground into smaller particles, allowing it to incorporate easily into dry ingredients without the need for an initial dissolving stage.



MINI BERRY BUNDT CAKES

HANDS-ON TIME: 25 minutes TOTAL TIME: 1 1/4 hours MAKES: 12 mini cakes

A pink raspberry swirl gives these sweet and simple cakes a touch of sophistication. Look for mini Bundt pans—which are sold with 12 wells to a pan—in baking and cooking supply stores, or use muffin tins, if you prefer.

11/2 cups frozen raspberries, thawed 1/2 cup and 1 tbsp granulated sugar

1/2 cup cold **Becel**® **Buttery Taste margarine**

2 eggs

1 tbsp grated lemon zest

1 tsp vanilla

1 3/4 cups all-purpose flour 1 tsp baking powder 1/2 tsp baking soda

1/4 tsp salt

1/2 cup plain Balkan-style yogurt

1 tsp icing sugar

In small skillet, cook raspberries, 1 tbsp of the sugar and 1 tbsp water over medium-high heat, stirring and mashing berries with back of spoon, until reduced to 1/2 cup, about 5 minutes. Let cool completely.

While berry mixture is cooling, in large bowl, beat margarine with remaining sugar until smooth. Beat in eggs, 1 at a time. Beat in lemon zest and vanilla. In separate bowl, whisk together flour, baking powder, baking soda and salt. Stir into margarine mixture just until combined. Scrape half of the batter into separate bowl; stir berry mixture into 1 bowl and yogurt into other bowl.

Alternately spoon berry batter and yogurt batter, 1 tbsp at a time, into wells of greased and floured mini Bundt pan, filling to tops of wells. Tap bottom of pan on work surface to distribute batter evenly; using tip of knife or skewer, swirl batters together. Bake in 350°F (180°C) oven until cake tester inserted in centre of several comes out clean, 20 to 25 minutes. Let cool completely in pan. Invert cakes onto serving platter; dust with icing sugar.

PER MINI CAKE: about 200 cal, 4 g pro, 10 g total fat (2 g sat. fat), 25 g carb (2 g dietary fibre, 11 g sugar), 34 mg chol, 202 mg sodium, 60 mg potassium. % RDI: 3% calcium, 8% iron, 12% vit A, 3% vit C, 15% folate.

CINNAMON DOUGHNUT HOLES

HANDS-ON TIME: 30 minutes TOTAL TIME: 13/4 hours MAKES: about 30 doughnut holes

These baked (not fried!) treats are best enjoyed warm out of the oven. We've lightly coated them in cinnamon sugar, but if you've got a chocolate craving, substitute 2 tsp of cocoa powder for the cinnamon.

DOUGHNUT HOLES:

2/3 cup skim milk

2 tbsp **Becel® Buttery Taste margarine**

1 1/2 cups all-purpose flour 2 tbsp granulated sugar

1 tsp quick-rising (instant) dry yeast

1/2 tsp salt

1 egg, lightly beaten

CINNAMON SUGAR COATING:

1/2 cup granulated sugar1 tsp cinnamon

1/4 cup **Becel® Buttery Taste margarine**, melted

DOUGHNUT HOLES: In small saucepan, heat milk and margarine over medium heat, stirring, until margarine is melted and milk is very warm (120°F/50°C). In bowl, stir together flour, sugar, yeast and salt. Pour milk mixture over flour mixture and stir to combine; stir in egg until ragged dough forms. Turn out onto lightly floured work surface; knead gently until smooth dough forms. Place in greased bowl and cover with plastic wrap; let rise in warm draft-free place until doubled in size, about 1 hour.

Turn out dough onto lightly floured work surface; press or roll to 1/2-inch (1 cm) thickness. Using 13/4-inch (4.5 cm) round cutter, cut out holes, rerolling scraps. Arrange, 1 inch (2.5 cm) apart, on greased baking sheet; cover with plastic wrap and let rise in warm draft-free place for 15 minutes.

Bake in 375°F (190°C) oven until puffed and bottoms are light brown, about 7 minutes. Let stand until cool enough to handle.

CINNAMON SUGAR COATING: In bowl, mix sugar with cinnamon. Toss doughnut holes with margarine; roll in cinnamon sugar to coat.

PER DOUGHNUT HOLE: about 58 cal, 1 g pro, 2 g total fat (trace sat. fat), 8 g carb (trace dietary fibre, 4 g sugar), 7 mg chol, 58 mg sodium, 20 mg potassium. % RDI: 1% calcium, 3% iron, 3% vit A, 6% folate.



STICKY ORANGE SWEET ROLLS

HANDS-ON TIME: 30 minutes TOTAL TIME: 1 hour

MAKES: 16 servings



These comforting sticky buns are made out of a quick biscuit dough for an easy dessert. They pack a sweet-tart punch with a zesty flavour trio of candied peel, orange juice and freshly grated orange zest.

DOUGH:

21/4 cups all-purpose flour 2 tbsp granulated sugar 4 tsp baking powder

1/2 tsp

1/3 cup cold Becel Buttery Taste margarine

1/3 cup candied mixed peel

eggs

1/2 cup orange juice

FILLING:

Becel® Buttery Taste margarine 3 tbsp

3 tbsp granulated sugar

ORANGE GLAZE:

1/2 cup icing sugar

1tsp grated orange zest 1 tbsp orange juice

DOUGH: In bowl, whisk together flour, sugar, baking powder and salt. Using fork, cut in margarine until mixture resembles coarse sand. Stir in mixed peel. Beat eggs with orange juice; drizzle over flour mixture, tossing with fork to moisten. Turn out onto floured work surface; knead gently just until dough comes together, about 6 times. Roll or pat out into 10-inch (25 cm) square.

FILLING: Spread margarine over dough; sprinkle with sugar. Roll up; cut crosswise into 16 pieces. Arrange, cut side down, in greased 9-inch (2.5 L) square cake pan. Bake in 400°F (200°C) oven until puffed and golden, 25 to 28 minutes. Let cool slightly; remove to serving platter.

ORANGE GLAZE: While rolls are cooling, whisk together icing sugar, orange zest and orange juice; spread over rolls. Serve warm or at room temperature.

PER SERVING: about 176 cal, 3 g pro, 7 g total fat (1 g sat. fat), 25 g carb (1 g dietary fibre, 11 g sugar), 24 mg chol, 208 mg sodium, 47 mg potassium. % RDI: 4% calcium, 7% iron, 9% vit A, 7% vit C, 14% folate.

TIP FROM THE TEST KITCHEN

For fluffy, tender baked goods, start by measuring flour and other dry ingredients by spooning them into a dry measuring cup, then levelling off with the flat side of a knife. Dunking the cup into the flour, or shaking to level off, means you end up adding more than the recipe needsand that results in dry, tough rolls.



One simple recipe. Endless cookie possibilities.



Soft and chewy, made easy with Becel® Buttery.



1 cup Becel® Buttery margarine

1 tsp vanilla extract

- · Preheat oven to 375°F
- In a large bowl, cream Becel® Buttery margarine and sugar until light and fluffy
- Beat in eggs and vanilla extract
- · Combine flour, baking soda and salt; gradually add to creamed mixture until combined
- · Add in any combination of flavours to make it your own (e.g. dried fruits, oats, chocolate chips)

FRAGRANCE SAMPLES

Some issues of *Canadian Living* Magazine include perfume strips. If you prefer to receive your copy of the magazine without perfume strips, please write to us at our mailing address.

ENVIRONMENTAL POLICY

This magazine is printed on paper that has been classified GOLD according to TC Media's Classification of Environmental Papers. The fibres used in its production are 100 percent certified in compliance with the chain of custody PwC-ICoC: 2005tm. These certified fibres come from forests managed under one or more of the following certifications: CSA, SFI and FSC. TC Media encourages the use of environmentally friendly paper.

PROTECTIVE WRAPPER

We sometimes mail your issue in a protective wrapper. If you prefer to receive your copy of the magazine without a wrapper, please write to us at our mailing address.

PRIVACY POLICY

On occasion, we make our subscriber list available to carefully screened organizations whose products or services might interest you. If you prefer that we not share your name and address (postal and/or email), you can easily remove your name from our mailing lists by reaching us at any of the listed contact points. You can review our complete Privacy Policy at canadianliving.com.

SUBSCRIPTION EXPIRY

You can determine when your subscription expires by checking the mailing label. Our mailing labels are often printed several weeks before the issue is mailed, so please allow six to eight weeks for renewals and changes of address to avoid missing an issue.

BILLING & RENEWAL NOTICES

Invoices and renewal notices are generated one week before they're mailed to subscribers. With delivery time, it's possible that your payment or renewal order will cross in the mail with our notice. If you receive yet another notice, please let us know immediately.

CONTACT US

If there is any way we can be of service, please let us know.

WE'RE AT YOUR SERVICE ON THE WEB:

RENEWALS:

renew.canadianliving.com

NEW SUBSCRIPTIONS:

canadianliving.com/subscribe

SERVICE REQUESTS:

service.canadianliving.com

BY PHONE OR MAIL.

(Please include your account number or mailing address to help us locate your file quickly.)

BY P HONE: 905-946-0275 BY M AIL: Canadian Living

P.O. Box 816, Markham Station, Markham,

ON,L3P7Z8



BREAKFASTS

Easy Tropical Yogurt Parfait [V] [G] 130
The Ultimate Chocolate Crêpes [V] [N] 100
The Ultimate Crépes [V] [N] 100

DESSERTS

Chelsea Buns [V] 122
Cinnamon Buns [V] [N] 122
Cinnamon Doughnut Holes [V] [N] 125
Easy Tropical Yogurt Parfait [V] [G] 130
Mini Berry Bundt Cakes [V] [N] 125
Sticky Orange Sweet Rolls [V] [N] 126
The Ultimate Chocolate Crêpes [V] [N] 100
The Ultimate Crêpes [V] [N] 100

DIPS, SPREADS & TOPPINGS

Cauliflower and

White Bean Dip [V] [G] [N] 117
Edamame Guacamole [V] [D] [G] [N] 110
Edamame Pesto [V] [D] [G] [N] 112
Orange Glaze [V] [D] [G] [N] 126

EGGS & CHEESE

Canadian Ricotta Fritters [V] [N] 120
Roasted Peppers
With Eggs [V] [G] [N] 106

FISH & SEAFOOD

Shrimp and Bok Choy
Lettuce Wraps [D] 105

POULTRY

Edamame and Blueberry Salad
With Herbed Chicken [D] [G] [N] 110

SALADS & VEGETABLES

Asian Grilled Bok Choy [V][D][G] 105
Asparagus Salad With
Canadian Ricotta Fritters [V] 120

Bok Choy and

Fennel Slaw [V][D][G][N] 105 Bok Choy With Shiitake 105 Mushroom Sauce [D] Edamame and Blueberry Salad With Herbed Chicken [D] [G] [N] 110 Edamame and Corn Bulgur Salad [V] [D] [N] 112 Mediterranean Baked Peppers [V] [G] [N] 106 108 Red Pepper Soup [D] [G] [N] Roasted Cauliflower With Parmesan and Capers [V][G][N] **Roasted Peppers**

With Eggs [V][G][N] 106
Shrimp and Bok Choy
Lettuce Wraps [D] 105
Simple Sautéed Penners [V][D][G] 108

Simple Sautéed Peppers [V][D][G] 108
Southwestern Cauliflower

Cakes [V] [N] 114
Spiced Cauliflower and
Leek Purée [V] [G] [N] 117

Certain packaged ingredients may contain allergens. Please read food labels carefully for hidden sources of gluten, dairy and nuts.

[V] = Vegetarian

[D] = Dairy-Free

[G] = Gluten-Free

[N] = Nut-Free



GO ONLINE: To find out more about our recipes' nutritional information, go to canadianliving.com/nutritioninfo.

canadianliving.com



L'ORÉAL® PARIS AGE PERFECT® CELL RENEWAL

With age, cell renewal decreases dramatically and skin looks dull. With L'Oréal® Paris Age Perfect® Cell Renewal Facial Oil and Day Cream, millions of new skin cells are revealed™, revitalized and nourished. Use the oil first followed by the cream to see brighter, renewed skin.

After 2 weeks of use. **LorealParis.ca

\$84



Canadian Living

Winit All

ENTER AND YOU COULD WIN ALL OF THESE GREAT GIFTS. FOR CONTEST DETAILS, GO TO

CANADIANLIVING.COM/CONTESTS

NIVEA Q10 PLUS ANTI-WRINKLE RANGE

Say no to wrinkles with Nivea Q10plus. These effective products, including new Q10 Plus Serum Pearls, are enriched with energy coenzyme Q10 and creatine similar to those found naturally in the skin. The result: fine lines and wrinkles look visibly reduced for a smoother, younger-looking complexion. **Nivea.ca**

\$80

BONA FLOOR

Bona

Bona

Trust Bona® with your spring cleaning! Clean, shine and protect the wood surfaces in your home safely and effectively with this Bona® cleaning prize package.

MyBonaHome.com \$75



CLARINS

Masvelt

Crème anti-rondeurs rebelles Affine et raffermit, redéfinit la silhoue

Body Shaping Cream

argets stubborn fat, firms, redefine

CLARINS BODY SHAPING CREAM

Clarins Body Shaping Cream offers triple refining, firming and beautifying benefits. This pampering cream lets women reshape their contours and sculpt their desired silhouettes. Available across Canada from April 2015. **Clarins.ca**

\$63 plus additional product





OF GENTLE



THERE'S A DEEPER CLEAN*
THAT'S GENTLE ON SKIN

*vs. the next leading Canadian National Free Detergent. Like any household detergent, keep away from children.